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## FREE ADVICE FROM DR TALWAR

### Reflections on the campaign

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"It was so good to be able to explain to readers exactly what we do and, most importantly, to share member testimonies, giving hope to anyone who finds themselves in a similar position. And there is a great deal of hope."

**Maresa Ness**  
Chief executive, Mosaic Clubhouse (Brixton)

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"But things are likely to get worse and we must be prepared for that to happen. Yet we are not prepared because we lack adequate resources and support.

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Psychoanalyst and founder of the Psychosis Therapy Project

Mind mental-health campaigners Anna Minton, Ajay Khandelwal, Ed Francis and Michelle Rodrigues



# THANK YOU

Our gratitude for incredible show of support for Change Is Possible campaign

**BY JACK DIXON**  
jack@londonweeklynews.co.uk

WE are today extending a huge "thank you" to our readers after an incredible show of support for our Change Is Possible mental-health campaign.

For the latest six months, *London Weekly News* and its sister title *South London Press* have been investigating stigma and discrimination in the mental-health system, while raising money to support vital services.

The campaign comes to an end this week – but we hope it will leave a legacy long into the future, having turned the spotlight on a topic that has been overlooked in the past.

Our appeal has kick-started a public dialogue about mental health, giving 'survivors' the confidence to come forward and share their experiences while stimulat-

ing a debate around approaches to treatment and care.

We have also raised more than £5,000 to support alternative mental-health therapies provided by pioneering practitioners at Lambeth and Southwark Mind.

*London Weekly News* chief executive Philip Evans said: "In October we set out on a mission to put a stop to stigma and discrimination, while working to break down the barriers that prevent people from seeking help.

We have reported on some remarkable stories – stories of unfairness and inequality but also of courage, strength and resolve.

"But this is only the beginning. It is more important than ever that we continue to promote and practise good mental health for all Londoners."

During our campaign, we have heard from people who have lived with diagnoses of psychosis, with

complex eating disorders, and with crippling depression and anxiety problems. We have also spoken to the friends and families who have struggled to come to terms with the loss of a loved one when the pressures of a mental-health crisis became too great.

But we have also heard from the pioneering health professionals and community activists who are striving every day to change the system for the better.

Here in London, some of the world's leading experts are taking huge steps towards a society that promotes and protects good mental health for everyone.

We have spoken to health trusts and council chiefs about their forward-thinking initiatives to tackle various problems. But local organisations and charities, including the Mosaic Clubhouse, the You First project and the Clean & Care employment programme, have also

found a platform in the pages of *London Weekly News*.

Reflecting on Change Is Possible, Lambeth and Southwark Mind chief executive Ajay Khandelwal said: "The greatest success of the campaign has been the broad and inclusive conversation about mental health it has helped to initiate.

"From local influencers to campaigners, practitioners and some of our own service users, we have been thrilled by the number of people who have been inspired to come forward and share accounts of their own struggles and recovery.

"My hope is that we can keep this momentum going and ensure that the campaign leaves a positive, lasting legacy for the vulnerable members of our community to whom it has given a voice."

Thank you to everyone – readers, writers and contributors – who have helped to make Change Is Possible a success.

'Brexit could mean wrecks it'

SADIQ Khan is warning that Brexit could mean "wrecks it" for the already-imperilled health of Londoners.

The mayor has expressed his "deep concern" about the impact of Britain leaving the European Union will have on the air pollution which is killing more than 9,000 people in the capital each year.

In an official report about the impact of Brexit on London, the mayor calls on ministers to guarantee that environmental regulations, monitoring and enforcement standards will be strengthened in the aftermath of Brexit, rather than weakened.

FULL STORY ON PAGE 9

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Nicky Sweetland reviews *Rosencrantz & Guildenstern Are Dead* – page 19**Rob Imonikhe, left,  
and Tom Gatzen**

**D**IGITAL match-making has become the norm in the world of romance – but now Cupid's arrow is being pointed towards tenants in a bid to find the perfect flatmates.

London entrepreneurs Tom Gatzen and Rob Imonikhe are the brains behind Ideal Flatmate – the UK's first housemate match-maker service based on compatibility.

With more than a quarter of Londoners now renting privately, there has never been greater competition for rooms.

And those with a bed to let are becoming all the more choosy about who they agree to share their living space with.

Until now, most listing web-

sites have focused purely on cost and location – but Ideal Flatmate aims to make matches based on personality and interests.

Tom said: "Both myself and Rob have lived in flat shares that ended up in disaster because we didn't get along with our flatmates or we didn't have much in common with them. And after discussing it we thought 'There must be an easier way'."

"London is a minefield in itself when it comes to searching for a place to live, so we came up with the idea of a platform that takes all the effort out of screening flatmates for you, after you find a property that fits your criteria."

The platform, which was designed by Cambridge professors Dr Paula Blanca and Professor Mark P Haggard, is based on an

algorithm similar to those used by dating websites.

It prioritises how well-matched prospective flat sharers are in regard to their personalities, rather than simply location and budget.

Hopeful tenants are only required to complete a 20-question survey about their living habits and social interests.

For less than £5 a week, users are then partnered with their most compatible flatmates and properties that meet their criteria.

Paired and grouped tenants can also message each other on the site to strike up relationships, much like on a dating site.

"For us it is about personalities, not just properties," explains Rob, who launched the site with Tom in November last year.

"We want to aid the development of long-term relationships and prevent the unpleasantries that come from living in properties that match your criteria but people that don't."

Tom and Rob met at university and then lived with each other – along with a slew of nightmare flatmates.

Especially in London where rents are so high, they have both seen first hand the kind of fall-outs that can disrupt daily life – and admit that they have even been the culprits too.

"Some of my ex-flatmates would probably say I was the worst person to live with," confesses Tom. "And my current flatmate would certainly agree that I am not the best at getting chores done."

Rob remembers his despair when a steamy sojourn between two people he was living with got out of hand.

"I once came home from work and caught two of my flatmates having an intimate moment in the kitchen."

"It turned out this had been going on for some time and they had been keeping things quiet. The house dynamic changed a bit after that."

Tom gave up a steady full-time job to commit all his attention to Ideal Flatmate, which has already enjoyed huge success.

In less than six months, the site has racked up more than 30,000 users, with more than 1,000 available properties listed.

Although Ideal Flatmate was launched initially in London, the pair have ambitions to expand the start-up model across the country in 2017.

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Mind mental-health campaigners Anna Minton, Ajay Khandelwal, Ed Francis and Michelle Rodrigues

## Reflections on Change Is Possible campaign

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## Council chief's plea over killer drug

### FROM PAGE 1

ers, due its low cost and accessibility, and placed considerable strain on local services."

Homelessness services in Westminster have reported a surge in the number of people using Spice – which is said to have withdrawal effects more severe than those of heroin and crack cocaine – with 22 per cent of the 430 homeless people staying in Westminster hostels in the first four months of last year using the drug, a number that would have been closer to zero just two years ago.

Beside death, Spice can cause severe psychotic episodes in users, who experience distressing hallucinations, vomiting and seizures.

Ewa Kapica, an outreach worker at Westminster-based homelessness charity The Connection at St Martins-in-the-Fields, said: "I've witnessed people thrashing around on the floor, experiencing vivid hallucinations, screaming they want to end it all.

"These fits are followed by crashes; the person becomes unresponsive and the emergency services step in. It's terrifying. One user was convinced he had a worm climbing through his bloodstream and nearly rolled into traffic before an ambulance and two police units arrived."

Cllr Aiken said: "I'm calling on the government to reclassify Spice as a class-A drug due to its devastating impact amongst vulnerable rough sleepers. We are currently in the grip of an epidemic and I, along with the local police, believe we need to go even further to highlight the dangers that are associated with this drug."

"I'm proud that Westminster City Council has led the way on this issue through working with the government to categorise Spice as a class-B drug, which has been instrumental in helping our services tackle this problem."

Although Spice and other brands of synthetic cannabis were banned last year under the Psy-

choactive Substances Act, an investigation by this newspaper found several UK-based websites openly selling synthetic cannabis online.

One site, which is also selling fake passports, also offered ketamine, escaline – a dangerous hallucinogen which is six times more potent than mescaline – and mephedrone, a synthetic cocaine which can bring on heart attacks and fits. The drug site is selling mephedrone in minimum orders of 100g costing £500, indicating that it is aimed at dealers.

Westminster council said its research showed that an average of 29 per cent of Spice users required an ambulance call-out between July and December last year. Comparatively, 21 per cent of heroin users required an ambulance call-out in the same period. The research found that Spice use in Westminster is on the rise, with 16 per cent of suspected drug users on Spice, level with cocaine and crack cocaine.

"Whilst there are drug services available to everyone in our pathway, almost half of Spice users are not engaging with any drug support services – compared to 28 per cent for heroin and crack. Unwillingness or inability to engage is often cited by frontline workers as one of the biggest challenges with Spice users," said a council spokesman. Further, 77 per cent of clients using Spice have a mental-health diagnosis. This shows that Spice dealers are targeting the most vulnerable people in our society.

Cllr Aiken has been leading the Westminster war on Spice for more than a year, since she was cabinet member for public protection and before elected leader.

Warning of the Spice wave last year, she said: "In just two years a new drug epidemic has taken over the streets of London. Spice doesn't just present a risk to rough sleepers but also to the frontline staff who are out every night helping them off the street and into accommodation."

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## Fence plan to stop war memorial being play area

A WESTMINSTER memorial to war veterans could be fenced off "out of respect" because children keep using it as a water slide.

The Canadian War Memorial in Green Park is regularly used by children and skateboarders as a play site because it has running water, and they are said to have left lasting damage.

Now the Canadian War Graves Commission is applying for planning permission to put a fence around the memorial.

More than one million men and women from Canada and

Newfoundland served with the Allies during the First World War and Second World War.

In planning papers for the knee-high metal fence, the CGWC said: "The memorial is intended as a respectful place for quiet reflection to remember those that served in the wars.

"In the summer months in particular, it is subject to people climbing up and down the two sections, sliding down the water and skateboarding down the edges.

"This has resulted in health and safety concerns, damage to



the memorial and anger and anguish for many who understand the memorial's significance."

The proposal, which Westminster council has yet to approve, comes after children and

skaters ignored signs not to play on the memorial.

The application said: "This needs to be addressed for health and safety reasons but most importantly for reasons of respect."



# Crackdown on sexual harassment on Tube

BY GEOFF BAKER  
geoff@londonweeklynews.co.uk

SADIQ Khan has ordered a major crackdown by police and transport chiefs in order to stamp out the scourge of men sexually harassing women on the Tube, trains and buses.

Following a 36 per cent rise last year in the number of arrests for sexual harassment on London transport, now the mayor of London is determined to eradicate the plague of sex pests – with around 3,000 police and PCSOs being deployed to the transport network and keeping customers safe.

A new hard-hitting campaign to encourage people to report unwanted sexual behaviour on public transport has been launched by Transport for London (TfL), British Transport Police (BTP), the Met and City of London Police.

“Building on the groundbreaking 2015 *Report It To Stop It* film, which has been viewed more than 13 million times on YouTube alone, the new campaign underlines that every report matters, is taken extremely seriously

and provides valuable information to help catch offenders,” said the mayor’s spokesman.

“The film also warns potential offenders now that they could be caught at any time.”

TfL’s most successful campaign film has helped encourage women to come forward and report unwanted sexual behaviour that makes them feel uncomfortable – with a 36 per cent increase in arrests since its launch.

Since TfL and the police launched the Project Guardian partnership in 2013, with the aim of eliminating unwanted sexual behaviour from the transport network, the number of annual reports has doubled from 1,023 in 2012-13 to 2,087 in 2015-16.

“Those who experience unwanted sexual behaviour on public transport do not always feel they will be believed or that the offender will be caught. The new campaign film has evolved to tackle head on those misconceptions, highlighting how every report matters, is taken seriously and used by police to bring the offender to justice,” said the spokesman.

The film shows a successful businessman, presenting to colleagues in an office, his face pixelated.

Voices of women recalling their experiences of various types of unwanted sexual behaviour on public transport are heard. As each woman recounts her experience the man’s face becomes increasingly visible until he can be seen clearly.

At the end of the film the man is apprehended by police, with his colleagues left in shock.

Mr Khan said: “Keeping Londoners safe is my top priority and I want all women and girls to feel confident travelling on our transport network.”

“This vital campaign highlights how any form of unwanted sexual behaviour is unacceptable, and victims must be given the right support when they report offences.

“By working together with partners, we can raise awareness of these crimes, give women and girls the encouragement they need to come forward, and bring perpetrators to justice.

“I urge all Londoners to

speak up and report unwanted sexual behaviour to the police immediately, if it happens to them.”

Siwan Hayward, TfL’s head of transport policing, said: “We are determined to eradicate unwanted sexual behaviour on the transport network. It is never ok.

“Our new *Report It To Stop It* film builds on our previous campaign’s success and encourages victims to come forward and report anything that makes them feel uncomfortable.

“No matter how insignificant they feel it may be, every report is taken extremely seriously by police and investigated so the offender can be caught and brought to justice.”

British Transport Police Superintendent Jenny Gilmer pledged total police support to catching offenders.

She said: “Tackling all forms of unwanted sexual behaviour on public transport is a priority for British Transport Police. We have worked hard to send a clear message to people who experience this that they will be taken seriously and we will investigate offences.

“It is really important that people report any kind of unwanted sexual behaviour to us as soon as possible – time is of the essence so we can exploit all evidence-gathering opportunities.

“Every report, with as much detail as possible, helps to build a picture of the offender.”

The Met’s Detective Chief Superintendent Paul Rickett said: “The Roads Transport Policing Command will continue working in close partnership with TfL to engage in high-visibility operations and regular patrols, focusing on crime and antisocial behaviour on the bus routes across London.

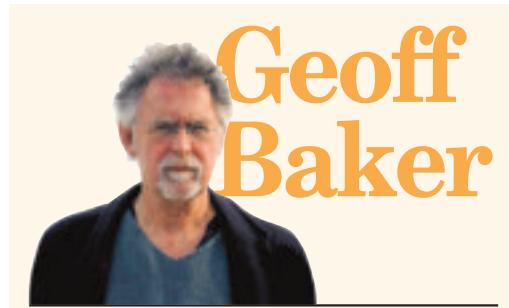
“We take reports of unwanted sexual behaviour incredibly seriously and will continue to work closely with our policing partners to rid our transport network of this kind of behaviour.

“If anyone experiences any unwanted sexual behaviour on our transport network, I would urge them to report it to the police.”

As part of the campaign, dedicated action days are being carried out by TfL, BTP, MPS and CoLP at key station hubs across the capital. At these events, officers will be providing specific advice to the public on how they can report instances of unwanted sexual behaviour.

To report unwanted sexual behaviour on public transport, text 61016 or call police on 101 and give details of what, where and when.

Unwanted sexual behaviour is anything that makes you feel uncomfortable, including rubbing, groping, masturbation, leering, sexual comments, indecent acts, or someone taking photos of a sexual nature without your consent.



# Geoff Baker

THIS at home. Turn on all the electrical appliances in your house at the same time; TV, radio, dishwasher, washing machine – especially washing machine, on high spin – kettle, microwave, the lot. Anything electrical which make a noise, turn it on. How does that feel after five minutes?

Although I am very heartened that Sadiq Khan is planning to do everything imaginable to clean up the air which I personally believe has been principally worsened these past 10 years by the process of incessant and excessive development, when he’s got it back to the days when your granddaughter didn’t have to wear a gas mask, I’d like him to address the issue to unnecessary noise pollution.

If you live in a city you’re deluded if you don’t expect noise but does everything need to be made to bleep? Bleeping great trucks backing up, bleeping doors that are about to shut, bleeping messages on the phone, bleeping bleeding everything. Technology bleeps to announce itself; it just can’t be, it has to bleep. I can’t stand the noise of modern living, it’s torture.

A particular torture, for me, is the noise coming out of the BBC these days. They call it programmes, but to me it’s just noise, an incessant babble of stuff that generally I do not want to hear or watch.

Maybe it’s me, getting older and grumpier, but although the BBC does throw up some programmes of distinction, by and large when I sit down of an eve in anticipation of the BBC living up to its pledge to inform, educate and entertain I end up feeling that its output is doing none of that.

I can’t find anything that I want to watch. Whereas in the past there were many fascinating, stimulating, hilarious programmes, now it all seems dull and dumbed down to me.

ITV is the same, pretty much a schedule of infantile, predictable, obviously-formatted and celebrity-driven nothing of any consequence.

But there’s a difference. ITV is a private, commercial enterprise and although I would prefer that they didn’t do as they wanted, and did what I wanted, they are perfectly entitled to do so because I’m not paying for it, it’s not my money that pays Jeremy Kyle’s wages. But with the BBC it is my money. And, come April, the BBC is going to be taking more of my money – as the license fee is going up – for a huge output of programming of which only a dribble of it is of interest to me.

There’s the rub. The BBC argues that the license fee is

only 40p a day and for just 40p I get all of this massive variety of programmes to watch or listen to – but I can’t watch it all, there’s not enough time in a working day, so why am I paying for it all? I shouldn’t be charged for the options available, I should pay for what I watch. If you go to a good restaurant there’s usually a wide variety of dishes available, but you pay for the meal you choose, you don’t expect to get a bill for the entire menu.

But through the terms of the license fee deal I’m paying for all of the BBC’s output, everything on the menu.

From April 1st, the license fee will go up from £145.50 to £147 a year. That’s not a substantial increase, just £1.50 and as it equates to less than half a penny a day I can see the BBC PR department making a big noise justifying that; all of this for less than half a p’.

But that’s not the point. The point is, how much less would I be paying if I only paid for what I watch or listen to and was not being stung to fund the BBC’s entire operation?

For instance, the BBC recently announced that it “will extend its expansion of the World Service by providing a digital-only service in Serbian”.

Good for it. But I don’t speak Serbian. I have no interest in Serbia. I don’t ever intend to go to Serbia and I will be quite happy to die knowing very little about Serbia. Serbia doesn’t matter to me. So why am I paying for this new Serbian service? Why am I paying for BBC Radio Lincoln, which I shall never listen to, or BBC Radio Humberside, or the local evening news for Wales, or Radio 3 or any of the many BBC channels that have no relevance to me? Of course it is good and proper that the BBC has so much local and community programming, but if you want it, you pay for it; don’t rely on the rest of us to fund what has no application to us.

Sky and many other channels have proved that it is perfectly possible to have pay-per-view or pay-per-hour, so why is the BBC obstinately refusing to adopt this much fairer system?

Could it be anything to do with the fact that the audiences for Radio Serbia and these other localised, community programmes are so tiny that if only their actual viewers or listeners paid for them then they would collapse through lack of funding? And that to avoid that, the majority of us have, through the license fee, to underwrite and bail out such programming, for the benefit of others?

In other words, the BBC is not a broadcaster, it’s a charity.

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# Bad news for republicans: that royal basement extension story is untrue

BY GEOFF BAKER  
geoff@londonweeklynews.co.uk

REPUBLICANS and others set to furiously protest following reports that the Duke and Duchess of Cambridge are planning a multi-million-pound double-decker dugout for their family at Kensington Palace are going to be bitterly disappointed that they cannot gnash their teeth – because it's not true.

A gossip-column item claiming that the young royals were seeking planning permission for a two-storey basement extension below the palace caused a rash of sensationalism around the world last week, with no fewer than 5,640 news reports.

Some reports claimed that £10 million of taxpayers' money would be spent on the iceberg basement and that the Queen was "furious" at the lavish spending.

Well, she's not. Nor are William and Kate in any way embarrassed that their "plan" for a gigantic family extension has leaked out – because they have no such plan.

And Kensington and Chelsea council does not feel that it is being put in any awkward position to approve the application that seemingly contravened its "no two-storey basement" rule – because it doesn't.

While much of the world's media were crazed to repeat and amplify the right royal "shocker", a simple phone call to Historic Royal Palaces, which has made the application for the extension, elicited that the 165ft-long



**No room to sit? More room needed for the Cambridges to entertain the likes of Barack and Michelle Obama? Nope**

basement is not needed so that Prince George and Princess Charlotte can have the world's largest playroom, or anything like that.

The Duke and Duchess of Cambridge are expected to be moving back into Kensington Palace in the autumn, after Prince William has ended his two-year contract as an emergency rescue pilot with the East Anglian Air Ambulance. Reports implied that they were seeking a massive expansion of their living rooms at the palace and the basement would be needed to make room for this.

But in fact, HRP wants the extra space for new kitchens and storage – for Henry VII's hat and some 14,000

other items in its collection of royal clothes, including some of the late Princess Diana's wardrobe.

"This application categorically has nothing whatsoever to do with any member of the Royal Family – they have no involvement in this project," said a spokesman for HRP.

Various reports claimed that if the application is approved by the council, the extension would be built beneath the palace Orangery – and, oo-err, that could break council rules not to allow billionaire basements beneath such listed buildings. But that's not true either.

"It's not under the Orangery, it's behind it," said the spokesman.

But what about the public getting stung for the claimed £10 million bill to, as it was reported, "make room for William and Kate's relocation to Kensington Palace"?

That's not true too.

"The project will be entirely funded by HRP. We are an independent charity and we raise all our own funds, through visitor income and through support from members and donors. This building will be funded by our own charitable income, and private donations. No public funding will be involved," said the spokesman.

In a statement, HRP said: "Historic Royal Palaces cares for the state apartments at Kensington Palace which attract 400,000 visitors every year.

"We hope to create a new building behind the Orangery restaurant at Kensington Palace. This building would provide improved access to the royal ceremonial dress collection, new kitchens and facilities for the Orangery restaurant and essential office space enabling us to continue to welcome visitors, students and researchers from around the world. Visitor numbers at Kensington Palace have significantly increased since the charity completed a major refurbishment of the public spaces in 2012; this additional space will enable us to better serve our visitors and support the exhibitions, education and events programme and curatorial projects at the palace.

"The state apartments at Kensington Palace are managed separately from areas of the palace used by the

Royal Household. Members of the Royal Family have no involvement in this project."

The spokesman said that the extra space is needed to improve kitchen facilities for the regular large events at the palace – which currently have to be catered by getting in a large tent for the cooking – and to house the clothes collection, which has now grown to some 14,000 items, dating back to Henry VII's hat.

A spokesman for the council added to the cascade of cold water poured on the reports by saying that the extension would not break the "no two-storey" code as the rule was introduced to block building work that disrupts the lives of neighbours living next to mega-basement properties – but there is no her or him next door at the palace.

The council requires all basement development to not comprise more than one storey – but exceptions may be made on large sites.

"In this case the applicant is suggesting it complies with our basement policy, which includes provisions for bigger basements than the norm on large sites."

Although reports claimed that the council is expected to decide on the planning application by the end of the month, that also has the ring of inaccuracy to it.

"We have received an application which will now be reviewed. A final decision is expected to be taken in May or June," said the spokesman.

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# Points of view

## Food poverty is a big issue in K&C

THREE times I have asked Kensington and Chelsea council to give practical support to the growing foodbank movement in the borough.

Three times they have said "No".

And now the leader of the council uses his column to say that while "foodbanks are a fine and noble thing", he prefers to prioritise other ways to alleviate the distress of "our most vulnerable residents".

What a fine, upstanding, nay patronising, way of putting it.

My motion, which he dismissed out of hand, asked for practical support by:

- Working with the voluntary sector to provide support for foodbanks;
- To apply the London Living Wage to contractors' conditions to reduce the income poverty that leads to food poverty;
- To fund the costs of a website page to share good practice and knowledge among food-aid providers in the borough;
- To promote the Local Support Payment scheme through a leaflet campaign with foodbanks.

Clr Paget-Brown conveniently ignores the fact that this was a cross-party motion, moved by me and seconded by Cllr Linda Wade of the Liberal Democrats. So this was not the Labour Party out to portray the Tories as uncaring and nasty.

It was a genuine attempt to offer practical ways the

council could provide support to the foodbank movement.

Last year and this year I have also advocated that the council fund two specialist workers to help the users of foodbanks with the wide range of other problems they experience.

The cost of this would be about £100,000 a year – a piffling amount when the adult social care budget is currently underspent by £1.9 million.

Clr Paget-Brown also seeks to suggest that food poverty is not a real problem in this richest of councils. Yet it was acknowledged three years ago by the Joint Strategic Needs Assessment that food poverty is increasing in the borough as a result of welfare cuts. So all the statutory and voluntary bodies that make up the Health and Wellbeing Board, chaired by Cllr Paget-Brown's cabinet colleague Cllr Mary Weale, accept the evidence that growing income poverty leads to growing food poverty.

The growth of informal foodbanks in the borough is in response to the growing food poverty being experienced by our residents because of rising food prices, frozen wages, insecure work and benefit reforms.

There is also an unquantifiable degree of hidden hunger among those who regard it as shameful to use foodbanks.

In my view, it is the council that should be ashamed for its refusal to accept that food poverty is a real problem in Kensington and Chelsea and to offer any kind of support that would

make the entirely voluntary foodbank movement in the borough more secure.

**Cllr Pat Healy,**  
Labour spokesman on adult social care and health

## Campaigner's claim is bizarre

I'll restrict my response to Eve Wedderburn's comments about North Kensington Library to a couple of important facts.

No building is being given away to a private business. The current North Kensington Library building is being leased to a local prep school and we're getting a good rent for it.

The money we receive from this type of property deal, as I have explained many times, has helped us maintain vital frontline services at a time when our grants from central government have reduced.

Quite bizarrely Ms Wedderburn claims our library service will be reduced as a result of this deal. It won't. I will repeat again, that if we receive planning permission to build a new library, just 50m away, the current building will remain open for business until the new, larger, library is built.

**Clr Nick Paget-Brown,**  
leader of the Royal Borough of Kensington and Chelsea

## Irritated by 'class war' headline

LIKE Nick Paget-Brown, I was irritated by the "class war" headline in a previous edition of your newspaper.

I have no idea who the

source of the quote is, but, in my experience, it simply does not describe the attitude of the hundreds of people who have joined the campaign to stop the library building being taken out of public use and leased to the private school next door.

I have stood outside the library on many occasions, gathering signatures and talking to people about the council's proposal; the overwhelming response, when they learn what is being planned, is that it is unfair.

Unfair on the ordinary people of North Kensington who use and have used the library throughout their lives – people for whom it has been a refuge, where they can study, where they can access books and newspapers unavailable to them at home.

Many people said that but for the library they wouldn't have been able to continue their education. For many, it gave them their first experience of books and the pleasure of reading.

That building represents something very special in North Kensington and to have it taken away and replaced by a bland book repository in Lancaster Road is seen – without straying into the vocabulary of "class war" – as unfair, unjust and unacceptable.

**Irene Lyford**

## No change to quality of service

THE Chinese library service is an important part of Charing Cross Library.

Recently my fellow councillors and I have heard some concerns from our constituents about whether the service will continue following the recent departure of a librarian who has been co-ordinating the service.

I am happy to confirm that the Chinese library service will continue to provide the same high-quality service at Charing Cross. The council will continue to ensure staff with Chinese language skills are employed at the site and there will be no reductions to the Chinese language resources available.

We're proud of the deep links Charing Cross Library have forged with the Chinese community over many decades. We are grateful to Ms Li for her significant work over the last eight years in the Chinese library service and wish her well as she moves on to new challenges. The library service is keen to develop and strengthen these important links over the years ahead.

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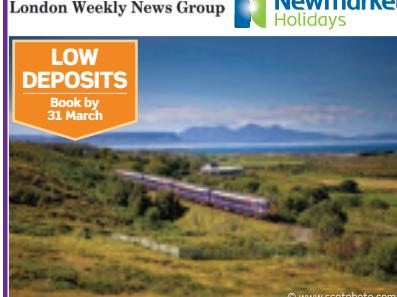
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## Have a say

Email Geoff Baker  
[geoff@londonweeklynews.co.uk](mailto:geoff@londonweeklynews.co.uk)

The Syrian Vulnerable Persons Resettlement scheme is for 20,000 refugees nationally – which the council attacked at the time it was announced for not going far enough.

Then there is the Dubs scheme. That is far more dubious as it gives an incentive for people smuggling. That is because the Dubs scheme takes children from Europe – very often resulting in drowning in the Mediterranean – rather than the camps in Lebanon and Jordan.

Others feel that, despite this, it is right to participate. But a recent FOI request I put in shows that the council's contribution is pretty feeble whatever you think of the merits of the scheme.

The council has taken in 13 and is only offering to take in two more despite the substantial funding on offer from central government.

Of the 13, only one is in the borough – the others have been placed by the council elsewhere.

Furthermore, so far as unaccompanied asylum-seeking children more generally is concerned, the council is failing to meet its quota: "The number of UASC (non-Dubs amendment) children being looked after is currently below the 0.07 per cent figure. The 0.07 per cent figure for Hammersmith and Fulham is 24 children."

The upshot is that the council is still virtue signalling. It is still putting the focus on getting publicity in the media about how caring it is – while hoping that the reality of its record will pass unnoticed.

**Cllr Harry Phibbs (Con), Ravenscourt Park ward**

## Society's varied events schedule

THE variety of the events of the London Society is a great example of the wonderful richness of life in London, a benefit to its citizens which is reflected in the breadth of our programme.

Over the next month or so we will enjoy a digital art installation and a talk on the historic "great estates" of the capital, a plan to transform the public space of the very heart of the capital, as well as a presentation about social change in outer London.

Andrew Ritchie will talk about his design for the Brompton folding bike in the series *Icons of London*, and Geoff Brandwood will lead a tour of that other important icon – the Victorian pub. The Charterhouse visit is sold out.

**Peter Murray**  
London Society chairman



I was the teacher  
who was worried

I was the coach who  
noticed at practice

I was the family  
member who was  
concerned

I was the neighbour  
who felt uneasy

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# Exhibition celebrates Doughboys' war effort

BY GEOFF BAKER

geoff@londonweeklynews.co.uk

A PHOTO exhibition marking the 100th anniversary of American Doughboy soldiers entering the First World War is to be staged in The City.

American soldiers, or Doughboys, and their entry into the First World War in 1917 will provide the focus of the display next month.

The exhibition in Guildhall Yard – *Fields of Battle, Lands of Peace: The Doughboys 1917-1918* – is the latest in an acclaimed series of

centenary photographic exhibitions, created by Michael St Maur Sheil, to document the battlefields of the First World War as they are today.

The free exhibition will run from April 6 to 23 and has been commissioned and curated by the National World War I Museum and Memorial in the US and is supported by the City of London Corporation. It will be installed in the site of London's Roman amphitheatre, where 15 display stands will present Mr St Maur Sheil's evocative images in a similar format to his highly successful *Fields of Battle, Lands of*

*Peace: Somme 1916* exhibition last year.

A corporation spokesman said: "More than two million American soldiers, or Doughboys as they were known, served in Europe during the war. This exhibition introduces the viewer to the battlefields which, 100 years ago, were places of death and horror, now revealed by the photographer as landscapes of great beauty and tranquillity."

The exact origin of the term Doughboy is unclear. One explanation offered for the usage of the term in the First World War is that female Salvation Army volunteers went to France to cook millions of doughnuts and bring them to the troops on the frontline.

An old joke explanation for the term's origin was "in World War I, the Doughboys were kneaded in 1914 but didn't rise until 1917".

Mr St Maur Sheil said: "The US involvement in the First World War was a hugely significant factor. Today it is often overlooked but it was a New World coming to the aid of an Old World, from which many of the young American soldiers – as first-generation immigrants – had sought to escape.

"Their humanitarian effort in supplying and shipping more than seven million tons of food to save the peoples of Belgium and northern France from starvation marked the advent of America as a united nation."

Dr Matthew Naylor, president and chief executive of the National World War I Museum and Memorial, said: "The National World War I Museum is committed to understanding the Great War and how the conflict continues to affect the world to this day.

"We also have the responsibility to take the collection to new audiences. The impact of the Great War set in motion a deep and sustained relationship with our European partners, including the UK, making this powerful exhibition even more impactful.

"Through this exhibition we trace the journey of the American forces in 1917 and 1918, and commemorate their efforts. It is beautiful and poignant work. We're grateful for our partnership with the City of London Corporation and the United States Embassy in London, which made it possible for this remarkable exhibition."

Dr Andrew Parmley, Lord Mayor of the City of London, said: "Michael St Maur Sheil photographs First World War battlefields with great skill, bringing out beauty where there was bloodshed on an unimaginable scale.

"This unique exhibition in Guildhall's courtyard, itself a historic arena for combat, will provide a fitting and poignant tribute in this centenary year to lives lost. My colleagues and I look forward to welcoming the exhibition to Guildhall, and to meeting those for whom the Doughboys' ultimate sacrifice has a personal resonance."

Following its run at Guildhall, *Fields of Battle, Lands of Peace: The Doughboys 1917-1918* will be exhibited in Grosvenor Square, before embarking on a tour of



A Doughboy

## NEWS FROM NICK



Leader of Kensington and Chelsea council, Nick Paget-Brown, writes for you

## Why voluntary organisations are so valuable to us

REGULAR readers will be used to me extolling the virtues of the services we provide to residents. From schools to care for the elderly and vulnerable, from refuse collection to beautiful parks I firmly believe that Kensington and Chelsea is at the forefront of delivering the best it can for everyone who lives in the borough.

I am very proud that we are seen to do well but I know that it is our statutory duty to do so. I am well aware that there is a veritable army of people, operating, often behind the scenes, who don't have any statutory responsibilities to make life better for others in the borough. I am talking here of course about the community and voluntary groups, and the individuals who give their time to them.

It is my belief that they are the lifeblood of the borough. And one thing I'm certain of is that is rarely a good idea to do anything that cuts blood supply.

This is why I'm very pleased that 28 voluntary organisations are to receive grants totalling £2.36 million a year for the next two years to deliver a range of services to residents.

This follows a cabinet decision to approve the council's corporate services grants programme for 2017-18 and provisionally for 2018-19.

A total of 32 organisations applied for funding, of these 26 had been funded by the scheme in 2015-2017 and despite the continued pressure on the council's own finances I'm very pleased to say that none of these organisations had their grant cut.

In fact, all those we funded in the previous year had their grants renewed and increased by two per cent in line with inflation.

New grants were approved for two organisations – Open Age and K&C Forum for Older Residents will receive £10,000 and £14,000 respectively.

Many types of organisation benefit from these grants: Cruse Bereavement Care, which provides bereavement support services in the borough; Westway CT, which provides community transport; and Citizens Advice, which delivers advice services to the borough's residents.

There is also the Venture Community Association which runs a thriving centre for residents in North Kensington, delivering adult learning, a healthy living programme and other events.

If you are interested in becoming a volunteer why not get in touch with Volunteer Centre Kensington and Chelsea, another organisation we support?

It promotes volunteering and its benefits and helps local people and organisations to realise their potential through volunteering. Give them a call on 0208 8960 3722 to find out more.

The services provided by voluntary organisations really do complement services delivered by the council.

In addition, they provide valuable advice and support to residents who would not be eligible for statutory services.

I am delighted that we have been able to maintain their levels of funding and grateful for all they do.

For more information and to read the cabinet report *Allocation of voluntary services grants from corporate services 2017-19*, go to [bitly/voluntaryorganisationsgrants](http://bitly/voluntaryorganisationsgrants).

To contact the leader of the council, Cllr Nick Paget-Brown, email [theleader@rbkc.gov.uk](mailto:theleader@rbkc.gov.uk)

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# 'Brexit could mean wrecks it for health'

BY GEOFF BAKER  
geoff@londonweeklynews.co.uk

SADIQ Khan is warning that Brexit could mean "wrecks it" for the already-imperilled health of Londoners.

The mayor has expressed his "deep concern" about the impact of Britain leaving the European Union will have on the air pollution which is killing more than 9,000 people in the capital each year.

In an official report about the impact of Brexit on London, the mayor calls on ministers to guarantee that environmental regulations, monitoring and enforcement standards will be strengthened in the aftermath of Brexit, rather than weakened.

"European Union regulations have overall had a hugely positive impact on Britain's environment. They have led to British homes, vehicles and appliances becoming more energy efficient, waterways becoming cleaner, a decline in harmful emissions and a reduction in the amount of waste produced in Britain," said the mayor's spokesman.

"Only last year, European Union regulations were used in a legal case by Client Earth, in which the mayor was an interested party, to force the government to come forward with a new air-quality strategy by the end of March – bringing air quality back within legal limits.

"However, the Secretary of State for the Environment, Food and Rural Affairs, Andrea Leadsom MP, recently told Parliament's environmental audit committee that only two thirds of EU environmental regulations would be directly brought into British law.

"Furthermore, there are serious challenges to recreating monitoring and enforcement

schemes that are currently run by the EU – and have no equivalent in British law."

The mayor, in London's official response to the government's Brexit White Paper, is calling on the government to introduce a new Environment Act, to guarantee that environmental regulations and enforcements are at least equivalent, if not better, than the current EU standards.

This would include enshrining key EU safeguarding principles in British law, including the polluter-pays concept, environmental rights for citizens and the precautionary principle – so a lack of knowledge is not used as an excuse for poor decisions.

"Sadiq is also asking for a guarantee that recently announced EU policy – which has yet to be enshrined in UK law – including the recent Winter Package on energy efficiency and renewable energy, will be transposed into British law as part of the Great Repeal Bill," said the spokesman.

The mayor has made tackling London's dangerously polluted air a key plank of his administration in City Hall. He has announced plans for a new T-charge on the most polluting vehicles from October, is consulting on introducing the world's first ultra-low emission zone in 2019 and on extending it to the North Circular and South Circular, is introducing clean bus zones on the most polluted roads and has announced his intention to clean up London's entire bus fleet by 2020.

Mr Khan said: "I campaigned for Britain to remain in the European Union but I accept that the British public voted to leave and we now must respect their democratic will. "However, the British people did not vote to make

our air more polluted or our environment dirtier.

"Our relationship with the EU has been particularly important for London's environment. Our homes, vehicles and appliances are more energy efficient, our water is cleaner and better protected, harmful emissions are on a long-term decline and we produce less waste. This has all been helped by environmental protections and targets driven by EU directives, regulations and standards.

"The government should legislate for a new Environment Act to ensure that the UK has an equivalent or better level of protection than in the EU, enshrining key environmental safeguarding principles such as polluter pays, environmental rights for citizens and the precautionary principle. It should also ensure that the necessary powers and resources are devoted to the authorities best placed to tackle their environmental issues and targets.

"I have made it clear that air quality is a key priority for my administration and Londoners need complete assurance of no reduction in regulatory standards and protections in this or other environmental areas. They must be strengthened rather than weakened."

Sam Lowe, clean-air campaigner at Friends of the Earth, said: "Brexit can't be allowed to undermine environmental progress, which is why government must commit to bringing EU environmental laws and principles into UK law.

"That's just a first step. They then need to create the domestic institutions so that these laws are enforceable. Continued co-

operation and collaboration on the environment with our EU neighbours must also be a priority in the Brexit negotiations.

"The fact is that climate change and air pollution transcend national borders, so they demand co-ordinated action at a regional and international level – Brexit won't change that."

Leah Davis, acting director at Green Alliance and chairman of the Greener UK coalition, said: "With 80 per cent of the UK's environmental laws having been developed with the EU, leaving the EU will be a pivotal moment to restore and enhance the UK's environment. Today, nature is struggling and the air in London is dangerous to breath.

"We will need to secure the benefits of existing environmental laws as we leave the EU, and we will need to go further still, with ambitious new milestones for environmental restoration and high standards for pollution and resource efficiency. While the Greener UK coalition is ready and willing to play its part, it is vital that governments and politicians lead, and we wel-

Deputy MYP Conor pledges to highlight kids' mental health

KENSINGTON and Chelsea has announced that its new Deputy Member of Youth Parliament is local boy Conor Quinn, pictured, of Cardinal Vaughan Memorial School.

After several weeks of campaigning, it was Conor's manifesto focusing on mental health in children that proved popular with voters.

The United Kingdom Youth Parliament is an organisation that gives young people aged 11 to 18 a chance to express their views and opinions.

Kensington and Chelsea now has an elected member and deputy member as part of the parliament.

Conor will join fellow Member of Youth Parliament Shamime Ibrahim to help represent the views of young people from the local area.

Throughout the year both Conor and Shamime will meet with Members of Parliament and local councillors, organise events, run campaigns, make speeches, hold debates and ensure the views of young people are listened to by decision-makers.

Conor pledged: "As a Member of Youth Parliament, it will be my primary concern to ensure that all young people's voices are heard.



"Mental health in children is still my main issue of debate and I will endeavour my best efforts to highlight these issues.

"I know how important it is for young people to feel they are able to express their opinions and I will try my best to make those opinions heard."

The Youth Parliament in Kensington and Chelsea is arranged and organised by Epic CIC, the youth service located within the borough.

Brendan O'Keefe, managing director at Epic CIC, said: "I'm sure that Conor and Shamime will work extremely hard to represent the views of the young people of Kensington and Chelsea.

"Youth Parliament is a great opportunity, not only for the members but for the borough as a whole."

## Exhausted Uber drivers 'are putting public safety at risk'

LONDON leaders fear that overtired Uber drivers are putting public safety at risk.

The London Assembly is calling on Sadiq Khan to press the government for new rules to ensure that private-hire drivers are not worked to dangerous safety levels by working long hours.

The Assembly is calling for zero tolerance of "sweated labour" conditions in the capital's licensed transport system. It has agreed a motion asking the mayor to lobby government for powers to make workers' rights a condition of all future private-hire operator licences.

Caroline Russell AM, who proposed the motion, said: "Workers' rights have been hard won across generations of campaigners and activists and

I'm pleased that they are not so easily rolled back as the Central London Employment Tribunal judged that Uber drivers are workers and are entitled to their employment rights.

"The way people work is changing but that doesn't mean they should lose basic rights, like a guaranteed minimum wage, holiday pay and occupational safety.

"The gig economy doesn't work for people who need full-time, steady employment and security.

"It results instead in sweated labour.

"We will not tolerate degraded working conditions that risk the health of workers and those who use their services.

"Tired drivers shouldn't feel that have no choice but to keep

working to make ends meet and people using licensed transport should be able to have confidence that the driver isn't overworked and risking their safety."

Florence Eshalomi AM, who seconded the motion, said: "We should not accept anyone in our city working for less than the minimum wage, receiving no holiday pay and other basic employment rights.

"Not only are these working conditions morally indefensible, they can also cause a danger to the public.

"It is simply not safe for Uber drivers – or their passengers – to work such long hours without a break.

"The government needs to urgently ensure workers' rights are a condition of all future op-

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# Audiences to play jury on fate of 'pilot'

BY GEOFF BAKER  
geoff@londonweeklynews.co.uk

A CONTROVERSIAL 9/11-style terror play in which audiences play the jury on the fate of a fighter pilot who shoots down a jet heading for a football stadium is coming to West London for its UK premiere.

Ferdinand von Schirach's play *Terror* has become a global phenomenon since it opened in Berlin in 2015, with audiences debating the morality of killing fewer people to save more.

Now London theatre-goers will be asked to decide the rights and wrongs when the play comes to the Lyric Hammersmith for a month-long run in June.

It follows the courtroom

drama of an air force pilot, Major Lars Koch, who has been ordered to divert a hijacked aeroplane with 164 people on board that had been hijacked by terrorists.

When the plane suddenly changes course towards a football stadium with 70,000 people watching the Germany-England game, what should Koch do?

Major Koch decides to shoot down the plane with an air-to-air missile, to save the lives of the people inside the stadium. The passengers are killed in a crash over a potato field.

But the wife of one of the killed passengers accuses the air force chief of murder, arguing that she had received from her husband a text mes-

sage that passengers were trying to get into the cockpit and overpower the hijacker when the plane was shot down.

The play has been staged in seven countries as well as on television in Germany, Austria and Switzerland.

A website for the play charts the number of guilty and not-guilty verdicts across the 46 theatres that have staged the show. In 1,063 trials, 91.9 per cent of verdicts have been not guilty.

Of the 287,236 jurors who have cast a vote, 60.7 per cent voted not guilty. But in Japan, two thirds of jurors found the pilot guilty.

The Lyric's artistic director, Sean Holmes, said *Terror* was less a play about terror and more one that explored



clashes of personal and state morality.

"It is a proper interrogation of the effect that terror has on our lives, in our attitude to the rule of law – but it is really about our personal moral judgment as opposed to what the state might say," said Mr Holmes.

The Lyric Hammersmith's new season will run from May to January 2018.

In the autumn, Lesley Sharp takes to the Lyric stage playing Irina Arkadina in a new adaptation of Anton Chekhov's *The Seagull* by

Lyric associate artist Simon Stephens.

The festive season will see the return of the much-loved Lyric pantomime with a brand new production of *Jack And The Beanstalk*.

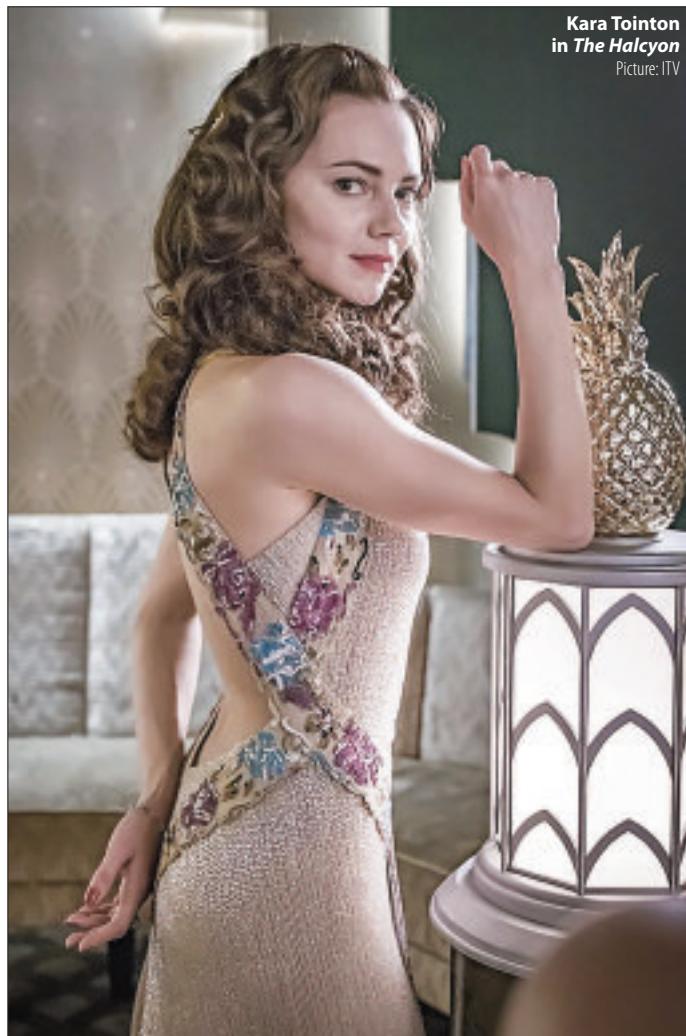
Before then, the previously announced Paul Auster's *City Of Glass* will extend its run at the Lyric by a week, running until Saturday May 20.

In May, Amici, the Lyric's resident dance theatre company which integrates able-bodied and disabled performers, will reprise two past

productions, *Tightrope* and *35 Amici Drive*, playing in repertory for the first time as a company.

Mr Holmes said: "This Lyric season offers a unique series of audience experiences. From the groundbreaking visual imagery of *City Of Glass* to deciding the fate of the accused in *Terror*, from Chekhov as it's never been seen before to the glorious communion between actors and audience that is the hallmark of the Lyric panto, this season has it all."

## Fans protest as *Halcyon* days are over



Kara Tointon  
in *The Halcyon*  
Picture: ITV

VIEWERS are bombarding ITV chiefs with protests after London's quality wartime drama *The Halcyon* has been axed despite it gripping millions.

ITV has scrapped the Second World War saga of life inside a luxury hotel after just one series, even though it attracted at least four million fans to each of its eight episodes.

Now viewers have launched a petition calling on TV bosses to rethink scrapping the glossy drama, which starred former *EastEnders* star Kara Tointon as the hotel's sultry nightclub singer and was filmed in a London School of Economics building at Lincolns Inn Fields.

Viewers were left baffled that ITV cancelled plans for a second series of the romantic saga which had been billed the new *Downton Abbey* and, in the week it was axed, was listed as ITV's seventh-most-popular programme.

Fans are further confused because ITV says it was really pleased with and proud of the success of *The Halcyon*. But the broadcaster has not explained its decision, which is believed to have been caused by production costs.

An ITV spokesman said: "ITV regularly considers the range of dramas we commission to ensure the right balance and range together with the best mix of returning series and new dramas.

"It does mean on occasions we have to take tough decisions, and not all drama can be

recommissioned. We are really pleased so many people enjoyed *The Halcyon* and we are proud of what the series achieved."

But viewers have taken to social media to protest against the drama ending abruptly. One *Halcyon* fan complained: "What a shame. *The Halcyon* was great. There was a whole lot of wartime left to run and they could have made some equally good storylines and grow the characters. I think ITV are misjudging their viewing public. Some of us want a lot more than Harry Hill and *The Nightly Show*."

Another said: "ITV have no respect for their viewers. *The Halcyon* was a good drama and enjoyed by a great many people. We are sick of trashy reality shows and soaps that have become so boring and unreal at times that I no longer watch them."

Now fans of the show have launched a petition at change.org.

The petition states: "The show delivers a realistic representation of London in the 1940s with fantastic stories of every social status. ITV should give *The Halcyon* a second season as it is beautifully told and visually stunning. It's too great not to be continued."

But *The Halcyon* may yet be saved. TV insiders believe that it may be picked up and continued by the BBC, which stepped in when ITV dropped *Men Behaving Badly* after one series and turned it into a smash hit which ran for six series.

## Council blasted on cuts to rough sleeping budget

WESTMINSTER City Council has been blasted for slashing its budget for rough sleeping and supported housing just weeks after its own figures showed the number of those out on the streets had more than doubled.

Westminster Conservatives have passed the annual budget which included cuts of more than £800,000 to the rough sleeping budget.

The cuts were opposed by Labour councillors who were sceptical of Conservative claims the cuts could be delivered through "efficiencies" without affecting frontline services.

Labour's housing spokesman Cllr Tim Roca said: "It's scarcely believable at a time when rough sleeping is the worst it's been for decades that Westminster Tories would choose now to slash funding."

"Saying that the cuts can be delivered without affecting frontline services misses the point that more money not less is needed in tackling a problem which is now Dickensian in its proportions."

"How Conservative councillors can support such cuts, whilst refusing to roll back on free dinners for councillors or making savings in the Lord Mayor's Office, shows a heartlessness that can barely be conceived."

There are estimated to be more than 250 people sleeping rough in Westminster on any night. Despite budget cuts, the council insists that tackling rough sleeping is still a priority and it has a three-year plan to prevent more people ending up on the streets.

The plan includes providing more support for women who are made more vulnerable from rough sleeping and doing more to tackle the sharp rise in the number of rough sleepers using cheap psychoactive drugs like Spice, which has been proved to be potentially lethal and causes psychotic and violent behaviour.



## Fitness Superstore opens in London

The leaders in the fitness market with an incredible growth since launching in 1994, **Fitness Superstore** is now the largest retailer of specialist fitness equipment in the UK.

Selling direct from their 115,000sqft Northampton distribution centre through 11 showrooms nationwide and their website, [www.fitness-superstore.co.uk](http://www.fitness-superstore.co.uk), Fitness Superstore are able to offer every level of fitness enthusiast an unrivalled range of cardio and strength equipment from leading brands, including Body Power, Bowflex, Life Fitness, Technogym, Horizon Fitness, NordicTrack, and many more.

Further amplifying their position as the UK's largest specialist fitness equipment retailer, last month saw the opening of a brand new **5,000sqft store in Wandsworth, South London**, shortly following the opening of their **8,000sqft store in Colindale, North London**.

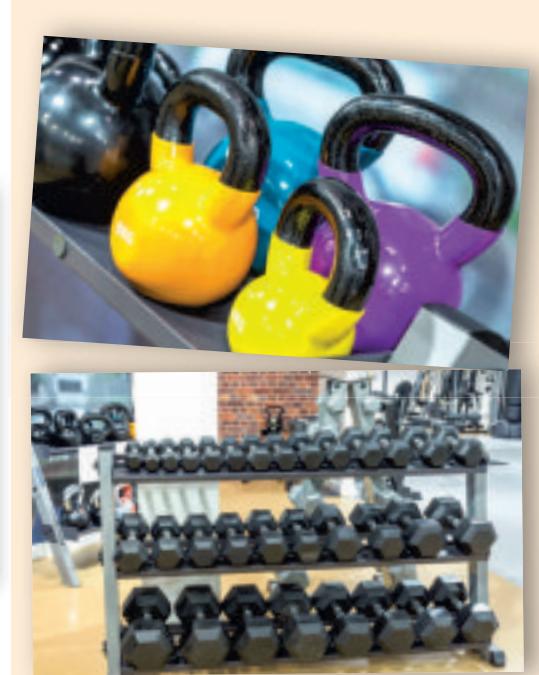
Fitness Superstore Retail Marketing Manager, Daniel Crawford commented, "We're incredibly excited to be adding two new stores to our Fitness Superstore family. It's a long overdue and much anticipated return to London, following the decision two years ago to relocate

the original London-based store. We're thrilled with both locations we've selected and are really pleased to be able to offer the option for our London-based customers to trial our equipment before making their investment."

For those who wish to **try before they buy**, Fitness Superstore's North and South London stores provide every customer with the opportunity to get to grips with the equipment before making that all important investment, with the help of experienced and passionate sales staff.

To kick off a series of trade show appearances after an exciting start to the year, Fitness Superstore are proud to be exhibiting at the renowned **Ideal Home Show** at Olympia London from Friday 24th March to Sunday 9th April. Visit Fitness Superstore at **stand L375**, where their knowledgeable staff will be on hand to demonstrate and assist you in testing any products that catch your eye. Show visitors will also receive a unique discount code for their purchase with Fitness Superstore.

To find out more about Fitness Superstore, call 01604 673000 or visit [www.fitness-superstore.co.uk](http://www.fitness-superstore.co.uk)



Pictures: Fitness Superstore South London



\*T's & C's apply

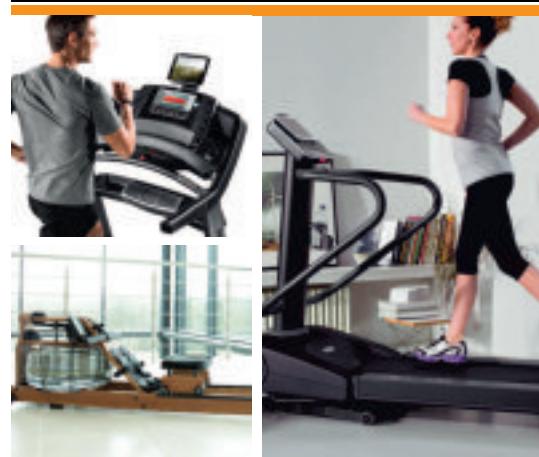
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# Start to 'rise in love' with life

## A Doctor Writes

As London plunges into the biggest mental-health crisis that the city has ever known, top Kensington psychologist **Dr Shamender Talwar** – who practises across West London – has launched in this newspaper a new easy-access direct consultancy aimed at helping the tens of thousands suffering from the illness. Today he discusses loneliness

Dear Dr Talwar

I AM an elderly lady living alone. My family have moved out of London and I have had found myself becoming increasingly depressed because I have so few visitors and often I will spend an entire day without talking to anybody.

I've mentioned this to my few friends and they say I'm just getting old and basically that's just life. I wonder whether loneliness can be a cause of depression and if so, what can I do about it?

Do you think it would be a good idea to see my GP and go on anti-depressants?

I don't want to bother people by talking about my problems but I am finding that I am feeling lower and lower. What should I do?

**Marjorie  
Notting Hill**

Dear Marjorie

THERE'S a big difference between being depressed and feeling depressed. Being depressed is something we have all experienced in our lives, sometimes by choice, sometimes as the result of circumstances beyond our control.

"Feeling depressed" involves how we interpret our situation. Start by under-

standing yourself. The first step is to understand what is contributing to your depression. Are there certain "triggers" that bring on feelings of depression, loneliness or isolation?

Are you influenced by a sombre anniversary? Do you feel worse when the weather is bad? Do you feel trapped in your house? Do you feel anxious when reaching out to others? No two people experience depression the same way and before you look for solutions, you need to understand the situation.

Get out and explore, even if you do it alone. The great way to deal with loneliness and depression is to get out into the world. Even the simple act of going to the local store can help you to feel more connected. Take a walk around the city. Ride the bus to a nearby city. Sit at a cafe and people-watch. Whatever you do, do something.

Physical activity of any kind will stimulate your brain and body to produce feel-good hormones. You don't have to join a gym to get healthy. Why not try walking every morning, riding your bike around the park or maybe learning tai chi?

Focus on being the best person you can be. Don't be afraid of getting older – be afraid of getting boring.

Feelings of depression often lead to loneliness, which in turn often emerge when we lack direction in our lives. So instead of looking at loneliness as a limitation, why not look at it as an opportunity to do anything your heart desires? Turn it round to your advantage.

Try something new – take a class, learn to play an instrument or take up a new hobby. Do something that challenges and fascinates you. If you learn to find yourself interesting, others will too.

If you doubt that you are an interest-

ing person, start writing your life story. You will quickly discover that you have already lived a fascinating life – and it's only getting started.

Experiencing loneliness after 60 can be a bit overwhelming. When you are feeling a little blue, you may even feel like withdrawing from the world, which only makes things worse.

Don't be afraid to pick up the phone and call a friend. Share your thoughts and feelings with someone. You will almost certainly find that your fears of rejection were overblown.

If you don't feel comfortable reaching out to anyone in your current social circle, why not try an online friend-finding service?

Invest in your health. One of the most important rules when dealing with loneliness is to "first do no harm". Many people feel that, by the time they reach their 60s, "the damage has been done". As a result, they continue to smoke, drink too much and live a sedentary existence. I don't need to tell you that this is an awful idea. The truth is that there are plenty of bad habits that are still worth kicking in your 60s or older.

Investing in your health is one of the best ways to counter loneliness at any age – and this is especially true for people in their 60s. Your first order of business should be to address your bad habits. As you do this, you will find that you have more energy to get out into the world.

Then, as your energy increases, look for small ways to get in better shape. Set yourself an alarm to remember to get up and stretch every hour. Make walking a daily ritual. Start shopping from a local farmer's market, or start growing your own food. As you improve your body, you will heal your mind.

Loneliness is often made worse by

feelings of helplessness. When we feel out of control, we lack the energy to make positive changes in our lives.

One of the most powerful techniques that you can use to get on the road to positivity is to increase your sense of control over the small things in your life. Instead of focusing on lofty goals like "I'm going to lose 20lb by summer" or "I'm going to get out there and make new friends", focus on small accomplishments.

Depression is a complex problem. Fortunately, some of the best ways to deal with it are simple. Start by identifying what triggers you to get in that state. Follow your passions and get out into the world. Focus on what you can control.

Most of all, remember that you are an amazing person. You deserve all the happiness in the world.

People often "fall in love" again and again. However, why don't you start to "rise in love" with life?

■ **Week by week, Dr Talwar is addressing common mental-health problems and ways to overcome them. If you or someone you care for has mental-health issues, send your questions to [drtalwar@londonweeklynews.co.uk](mailto:drtalwar@londonweeklynews.co.uk).**



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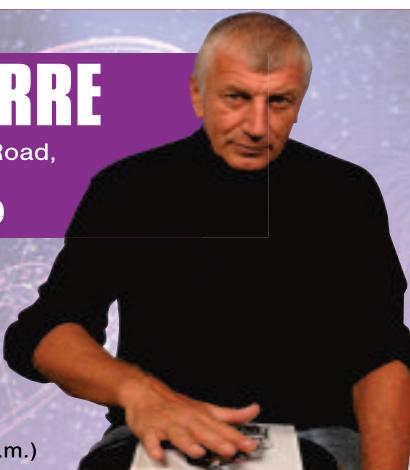
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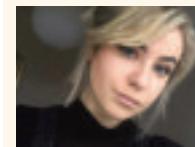
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## Uni girl a student's life in the capital



For many parents, having their child leave home to go to university can be a worrying time. Will they be safe? Are they eating properly or drinking too much? Are they getting any work done?

Now, with a new occasional column, we bring parents the inside story on life at university from **Issy MacLennan**, a first-year student from Wiltshire who is studying journalism at the University of the Arts in Holborn, reporting on what it's like being a Uni Girl in the capital

**F**OR many students all over the UK the maintenance loan is the most important thing you have to survive. For students in London, it only just about covers your accommodation. In fact, scrap that – the majority of the time you use your entire maintenance loan to pay for accommodation, and then still have more to pay, around the £2,000 mark.

So how do halls in London compare? Good question. My halls are located in North Acton; built two years ago, pretty decent actually but costing a heartbreaking price of £184 a week.

My friend living in Southwark is paying £195 a week for non-working showers in which a shower curtain does not actually fit and in a room that reminds you of a prison cell, albeit with a tiny kitchen.

You often find yourself asking "What am I actually paying for here?" Apparently, it is the location. But that £11 less I'm paying per week on my accommodation gets spent on having to travel to and from Elephant & Castle for lectures. It drains your bank account. So, once rinsed of about £30 per week for travelling to receive the education which I am already paying £9,000 a year for, what else do I need to buy?

Oh yes, food. The reason why many people put on weight at uni can quite simply be put down to the fact that cheap food is rubbish food.

Spending money on an avocado that may go off in about a day is an unaffordable luxury. But it's a choice of rubbish food or I don't eat.

If you have a part-time job that we all seek as

students, you wait relentlessly until payday in order to do the supermarket shop, only to come back, attempt to cook a meal of your few cheap ingredients and soon realise that it's inedible.

It's a whole new ball game cooking for yourself. All I have wanted since I have moved to uni is a decent roast, which is beyond the reach of my purse.

On top of this, you constantly have to address the question "Do I want to be able to go out tonight, or do I want to be able to eat for the next two days?"

The other day I got a new piercing in Camden Market, stupidly slept on my ear that has the fresh hole and woke to my entire pillow covered in blood. The only thing I could think was "I really can't afford to wash this" – not "Oh wow, there may be an issue with my ear".

Because not only are you paying £180+ to live in halls in London, you then have to pay at least £5 for a wash. And by wash I mean putting your dirty clothes in water for about 40 minutes, only to find that although you paid that extra 50p for a super wash, you still have stains on literally every item of clothing you put in the spinning bucket of money.

Recently one laundry decided it was an absolutely brilliant idea to hop into the 21st century and make it so that if you do actually wish to treat yourself to decent-smelling clothes, you need to download an app. Without it the washing machine will not operate.

Brilliant idea, or not. First, the machines brilliantly could not work to the app for around a month. Also, if you don't have a smartphone, which although rare is still possible, then guess what – you can't wash your clothes.

And if like me for some reason PayPal rejects your debit card, again you cannot wash a single item of clothing without having to transfer the money to your flatmate so you can do a wash with their app.

So what does one look forward to the most about having a house in second year? A double bed? Not having to live in a room the size of a cupboard? No, it's having a washing machine.

Swap kids' clothing and help cut waste

KENSINGTON and Chelsea Council is setting up a swap shop to help reduce waste by residents recycling children's clothes that no longer fit.

Residents can take small to medium-sized items including clothes, shoes, bags, books, toys, CDs, DVDs and any baby-related item to the SWAP event on Saturday at St Francis Community Church, Dalgarro Way, W10 5EL, from noon to 4pm.

Residents with large items to swap are asked to just bring a photograph of them.

All items should be clean and in reasonably good condition.

The event is part of the council's drive to reduce household waste, increase reuse and recycling rates, and help to keep the borough clean and green.

For more information about recycling in the royal borough, visit [rbkc.gov.uk/recycling](http://rbkc.gov.uk/recycling).



## 'We owe Commonwealth enormous debt of gratitude'

PUPILS from Holland Park School and St Mary Abbots School joined the mayor of the royal borough, Cllr Elizabeth Rutherford, when Kensington and Chelsea celebrated Commonwealth Day.

During the ceremony the Representative Deputy Lieutenant, Lady Arnold, read the Commonwealth Day message from the Queen, and freeman of the royal borough and former Vice Lord Lieutenant of Greater London, Sir Michael Craig-Cooper, gave the Commonwealth Affirmation.

The Commonwealth flag was raised by Corporal of Horse Peni Qio of the Lifeguards and Corporal of Horse Mitieli Camaibau of the Blues and Royals, assisted by Sea Cadet Robert Eager from Brentwood Sea Cadets.

During the ceremony, the mayor said:

"Fifty-two countries across the world come together today to celebrate Commonwealth Day. In remembering the strong historic links that bind the Commonwealth we should have in mind that 100 years ago the countries of the present Commonwealth fought alongside us in the First World War.

"Some 175 (personnel) from the Commonwealth were awarded Britain's highest military honour, the Victoria Cross. Around the world, the Commonwealth War Graves Commission commemorates the names of more than 11 million Commonwealth servicemen and women who lost their lives in the Great War. Quite simply, Britain and her allies could not have prevailed without these brave men and women.

"We owe our friends in the Commonwealth

an enormous debt of gratitude. They fought together, they fell together, and together they defended the freedoms we enjoy today.

"Out of that shared history has grown the close friendship and the bonds that join our countries in the modern Commonwealth.

"(Commonwealth Day) is an opportunity for individuals, communities and organisations to come together in a celebration of the Commonwealth's shared values of peace, democracy and equality, and to celebrate the association's rich diversity."

The ceremony was also attended by deputy mayor Cllr Will Pascall and deputy mayoress Cllr Sarah Addenbrooke, with Kensington MP Victoria Borwick and council leader Cllr Nick Paget-Brown, together with other members of the authority.

## Council fighting plans for 'unacceptable' call boxes

WESTMINSTER City Council is fighting plans to install 80 "ugly and unacceptable" phone boxes in landmark locations around the West End as councillors believe they are just for "advertising clutter".

The council is to lobby the government for a change in the law to prevent the new boxes being built after receiving applications for prior approval from telecom company Maximus Networks to install public phones on many of the most famous roads in the city including Oxford Street, Victoria Street and Baker Street.

"Few people still use public telephones and the council believes that the scheme offers very little benefit to the public, particularly as the proposed telephone boxes offer no Wi-Fi or internet connectivity," said a council spokesman.

"Each box in the plans submitted would provide 1.3m by 2m of advertising space, and a notice of prior approval leaves councils limited power to prevent the scheme going ahead.

"Adverts can be displayed on new phone boxes without local-authority consent and so the council is seeking further powers from government to prevent advertising clutter."

Cllr Daniel Astaire, cabinet member for planning and public realm said: "We think this scheme will create ugly advertising hoardings on some of our most iconic streets. Maximus is using the popularity of our city for its own gain. Frankly, it's totally unacceptable and we will do everything in our power to prevent the phones being installed."

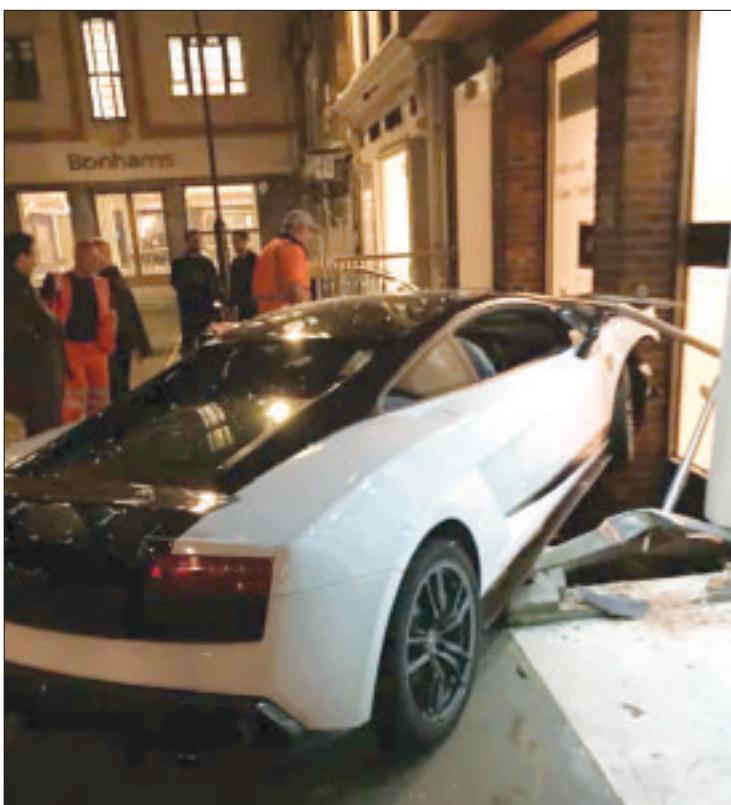
"This proposal might have been acceptable in the 1950s but very few people use traditional phone boxes now and the installation of 80 more will serve no community purpose in 21st-century Westminster. The whole thing is utterly bonkers. They have plans to install phone boxes at Covent Garden, the Strand, Buckingham Palace Road – it's utterly preposterous."

Tim Carnegie, chairman of The Marylebone Association, said: "Multiple call-box applications are, on the face of it, purely an attempt to gain on-street advertising presence. Residents have enough problems with call boxes as they are linked to antisocial behaviour and not used for what they were designed for."

But Maximus Networks director Ashley Smartt said: "We're reinventing the phone box for the 21st century. We're trying to compete with multinationals. There is still need for phone boxes."



# Men convicted of lying over supercar's shopfront smash



TWO men involved in a collision which saw a Lamborghini Gallardo crash into a shop in Westminster have been convicted of lying about their actions.

And the Met has warned that as the summer "supercar season" approaches they will be cracking down on rich motorists who drive irresponsibly at speed.

Talal Alkassab, 39, of Holland Park Road, W14, pleaded guilty at Southwark Crown Court to conspiracy to pervert the course of justice.

Diyaa Lababidi, 33, of Peninsula Apartments, Praed Street, W2, also pleaded guilty to the same offence.

Both men will be sentenced next month. Their convictions follow a lengthy investigation by police in Westminster.

"Early on July 23 2015 police were called to reports a car had hit the frontage of shops in Woodstock Street, W1. It had collided with several street bollards and the glass and metal frontage of the property, causing damage in excess of £100,000," said a Met spokesman.

"CCTV inquiries revealed the collision had occurred shortly after midnight that morning. The car had driven up Woodstock Street before accelerating and

colliding with the building at speed.

"Two people then got out and the vehicle remained in situ until it was recovered around three hours later. No call was made to notify police of the collision."

After extensive inquiries, Alkassab and Lababidi were arrested.

Alkassab had hired the Lamborghini the day before. He later told police an unknown customer at the nearby cafe where he worked had taken the keys to the car without his knowledge and crashed the vehicle while parking it.

After various text messages were uncovered between Alkassab and Lababidi, Alkassab eventually admitted to police his friend Lababidi had been driving. Both were charged with conspiracy to pervert the course of justice.

Lababidi had also been charged earlier in the investigation with driving offences. He had appeared at Westminster Magistrates' Court where he pleaded guilty to driving without due care and attention, failure to report a road traffic collision, having no insurance and driving a motor vehicle otherwise than in accordance with a licence.

Lababidi received an eight-week prison sentence suspended for 12 months for failing to report the collision and was disqualified from driving for six months for driving without insurance. His licence was also endorsed for driving without due care and attention and driving without a licence.

He was ordered to pay £714.13 compensation to Westminster council for damage to bollards, as well as £85 prosecution costs and an £80 victim surcharge.

Charges of attempted insurance fraud were left to lie on file for Alkassab.

PC Colin Moore, of Westminster police, said: "Alkassab and Lababidi were not only involved in a serious collision that caused thousands of pounds' worth of damage but Alkassab then lied to police over a considerable period of time, protracting our inquiries and delaying the matter in coming to court."

"I am pleased they have finally been held accountable for their actions and, with summer approaching, I hope this case sends a message to those who drive such vehicles about the responsibilities that come with that and the efforts police will take to tackle their antisocial use."

# Stuck for Easter activities? New at evolution of Princess of Wales'

**S**TUCK for what to do with the family this Easter? The Queen's history department is offering a new season of a wide variety of tours, talks and events to cover every curiosity at the palaces, ranging from how the royal women have used the media to their advantage to the secret royal hand in the laws on British sexuality. Here are the highlights of the events being staged by Historic Royal Palaces:

**Diana: Her Fashion Story. Now open. Kensington Palace**

Diana: Her Fashion Story traces the evolution of the Princess' style, from the demure, romantic outfits of her first public appearances, to the glamour, elegance and confidence of her later life.

From her earliest royal engagements, everything Diana wore was closely scrutinised, and the exhibition explores how she navigated her unique position in the public eye, learning to use her image to engage and inspire people, and to champion the causes she cared about.

Garments on show include the iconic velvet gown worn at the White House when the Princess danced with John Travolta.

Included in palace admission. Online bookings for weekend and school-holiday

**A promotional image for the exhibition at Kensington Palace. Inset, Diana dances with John Travolta at the White House**



visits are recommended to avoid disappointment.

**The Palace Lindt Gold Bunny Hunt. Saturday April 1 to Monday April 17, 11am to 4pm. Hampton Court Palace**

Go on a hunt for the Lindt Gold Bunny this Easter and discover the history of royal chocolate at Hampton Court Palace. Once

## DIANA HER FASHION STORY



you have found all the Lindt Gold Bunny's hiding places, receive your Lindt chocolate treat. Included in palace admission.

**The Magic Garden. Reopens Saturday April 1, open daily 10am to 5.30pm. Hampton Court Palace**

The Magic Garden once again welcomes visitors to experience the legendary world of the Tudor tournament in this imaginative play garden setting. Inspired by the palace's past, the Magic Garden is located in Henry VIII's former tiltyard where Tudor tournaments were once held.

Discover something new around every twist and turn in an immersive world populated by mythical beasts, including a 25m dragon. Take the family to become Tudor knights, besiege the battlements, storm the tiltyard towers and explore a mysterious secret grotto.

Included in palace admission. Magic Garden and Maze only ticket: £7.70 adult/£5.50 child/£22 family.

**Go Medieval at the Tower of London. Saturday April 29 to Monday May 1, 10am to 5pm. Tower of London**

It's 1445 and England is celebrating the arrival of a new Queen, Margaret of Anjou. Immerse yourself in the medieval world and join in the festivities with plenty of fun for the whole family.

Take your chance to meet Margaret and don't miss seeing her magnificent knights in full sword-fighting action. Included in palace admission.

**Horrible Histories - The Best of Barmy Britain at Hampton Court Palace. Saturday May 27 to Saturday June 3. Hampton Court Palace**

From battling Boudicca to horrible Henry and the putrid plague, plunge into the history of Britain - with the nasty bits left in.

Find out whether Parliament survived gunpowder Guy, and what made Dick Turpin so dastardly, as the popular *Horrible Histories* show comes to the gardens of Hampton Court Palace.

Tickets: £12 adult/£7 child. Under-fives free but require ticket.

**Armoury in Action. Now open. Tower of London**

Hands-on exhibition Armoury in Action

reveals the fascinating story of arms and armoury at the Tower of London. From shooting arrows to assembling firearms and brandishing swords, a thousand years of history is brought to life through a mix of historic objects, audio visual and interactive displays.

Created in partnership with Royal Armouries - the national museum of arms and armoury - Armoury in Action offers families the chance to discover the weapons, battle skills and royal armourers from the Normans to the Victorian era. Included in palace admission.

**Encounters with the Tudors. Daily from Friday April 7. Hampton Court Palace**

Henry VIII's magnificent palace will be brought to life every day, and you are invited to join members of the court to explore the perils and intrigues of life as a Tudor.

The cooks in Hampton Court's historic kitchens will also be roasting meat for the king's table. Included in palace admission.

**Make History workshop. Saturdays April 29, May 27, June 24; 11.30am, 12.45pm and 2.30pm (duration: 45 minutes). Kensington Palace.**

Get hands on with the palace's creative workshops for families. Be inspired by a new palace story each month, and make a piece of the past by taking part in a range of exciting activities, from gardening and painting to chocolate making. Included in palace admission.

**Time Explorers Station. Saturdays April 29, May 27, June 24, 11am to 4pm. Kensington Palace**

Explore the palace and discover its stories using the palace's themed activity bags, games, trails and make-and-take activities aimed at babies and children aged up to 13, all available to collect from the palace's Time Explorer Station. Included in palace admission.

**Tiny Explorers. May 10 to June 24, every Wednesday and Saturday excluding half-term week (Wednesday May 30 and Saturday June 3); 10.30am (babies), 1pm and 2.30pm (walkers). Kensington Palace**

Explore and play in the palace together in one of these special multi-sensory sessions for under-fours.

Discover the stories of Kensington Palace through music, movement, messy play and more.

Tickets: £6 per child (price includes up to two adults)/£5 per child for members.

**Tiny Explorers. May 11 to June 24, every Thursday and Saturday excluding half-term week (Thursday May 31 and Saturday June 3); 10.30am (babies), 1pm and 2.30pm (walkers). Hampton Court Palace**

Explore and play in the palace together in one of these special multi-sensory sessions for under-fours.

Discover the stories of Hampton Court Palace through music, movement and messy play.

Tickets: £6 per child (price includes up to two adults)/£5 per child for members.

**Story Scramble - The Tower at War. April 17 to 21, 11am to 3.30pm. Tower of London**

The Tower of London has lots of stories to tell. In this interactive trail and game for families, some of those stories have been scrambled up and must be put back together again.

Meet characters from the past, handle ob-



Diana, queen of fashion

# exhibition looks iconic style

jects, look for clues and see if you can connect the pieces as you explore 1,000 years of history in a day. Included in palace admission.

## Study Day: Deadlier than the mail – an exploration of women's arms and armour. April 22. The Tower of London

From Queen Elizabeth I to Georgian prize fighters, Wild West sharpshooters to Suffragette jujitsu bodyguards, women have engaged in combat across history.

They are notable not only for their bravery but also ingenuity, whether adapting to armour designed for men, or engineering lipstick knives and handbag pistols.

Run in collaboration with the Royal Armouries, this day will celebrate amazing female fighters, and include a chance to get hands on with historic arms and armour.

Tickets: £40/ £38 members.



**Henry VIII with his fool Will Somers**

telling the stories of key people linked with it from the 12th century to the present day.

The close male friendships of Edward II and his treatment of his favourites resulted in the rebellion of the earls.

The little-known influence of Henry VIII and Queen Victoria on the criminalisation of homosexual acts shaped viewpoints for more than 400 years.

Bringing us to recent history, the tour will reveal how the alleged homosexuality of 20th-century prisoner Roger Casement was used by Parliament to build a case against him.

Tickets: £15.

## Drawn at the Tower with Art Macabre: Ravens and Morbid Corvids. Monday June 5, 6.30pm to 9pm. Tower of London

Legend has it that if the ravens should ever leave the fortress walls, the Tower and the kingdom will fall. In this after-hours life drawing event at the Tower of London, explore mythology, folklore and true tales of the Tower's famous feathered guardians. Draw these fabled birds up.

Tickets: £24/£22 members.

## PowerPlays: Behind-the-Scenes. Thursday June 8, 6.30pm to 8pm. Hampton Court Palace

Go behind the scenes of PowerPlays – daily costumed performances at Hampton Court Palace – in this one-off, after-hours talk. Hear from the creators as they unlock the mysteries of how they transform historical moments into compelling immersive theatre.

Tickets: £15/£13 members, plus multi-buy offer (three for £36 or five for £55).

## Sacred Music and the Reformation. Wednesday May 10, 6.30pm to 8pm. Hampton Court Palace

The Reformation began a rebellion against the authority of the Catholic Church. This brought about a new and profound impact on religious music at the Tudor court with changes to doctrine and rapid stylistic development.

Find out how Henry VIII shaped his own image and reinforced his new religion using sacred music in this one-off after-hours talk at Hampton Court, which forms part of the palace's Power and Performance season.

Tickets: £15/£13 members, plus multi-buy offer (three for £36 or five for £55).

## Playing the Fool. Tuesday May 23, 6.30pm to 8pm. Hampton Court Palace

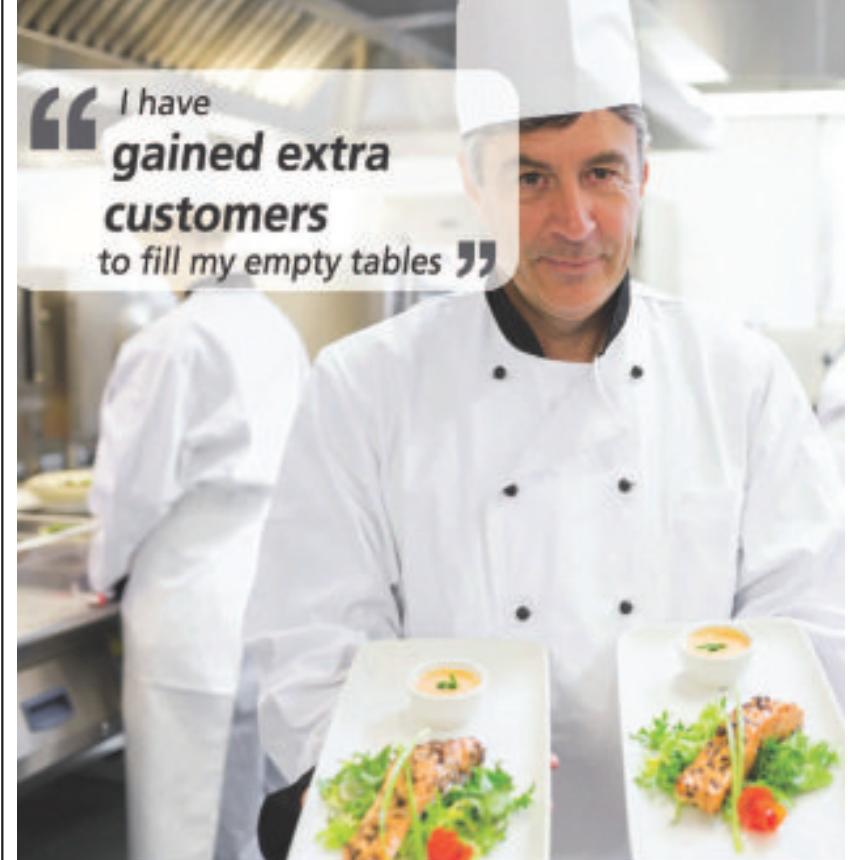
"Natural fools" were prized as entertainers and had favour and authority with the King. In this after-hours talk with historian Dr Suzannah Lipscomb, uncover how the "foolish things of the world" had the power to confound the wise and learned at court, and the unique access afforded to Henry VIII's court jester Will Somers.

Part of the palace's Power and Performance season.

Tickets: £15/£13 members, plus multi-buy offer (three for £36 or five for £55).

## Pride, Power and Politics: a tour of the Tower's LGBT+ histories. Friday May 26 and Saturday May 27, 6pm, 7pm and 8pm. Tower of London

This after-hours tour explores the history of this iconic castle through the lens of changing attitudes to gender and sexuality,



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### Palace admission prices

**Tower of London:** adults £28, u16s £13, u5s free.  
**Hampton Court Palace:** adults £23, u16s £11.50, u5s free.

**Kensington Palace:** adults £19, u16s/u5s free.  
**Banqueting House:** adults £6.60, u16s/u5s free.

# Capital nights

**L**ONDON bosses who employ any Beatles fans should prepare for them to throw a sickie on Thursday July 6. The date marks the 60th anniversary of the seismic day that John Lennon met Paul McCartney – and hordes of fans are expected to skip work to make their way to Liverpool for a big celebration of the day that changed everything.

Liverpool and the rest of the planet didn't do much to mark the 50th anniversary.

But now they are planning to

push the boat out big time as they have twiggled that the meeting of a 15-year-old Macca and 16-year-old John in effect marks the de facto birth of The Beatles and therefore it is the birthday of the huge shift in everything that came after; the change in music, culture, fashion, attitudes, peace and love, the whole nine yards of world history that stemmed directly from that moment at a church fete

**Geoff Baker**  
looks forward to  
celebrations to mark  
the 60th anniversary  
of the day that John  
met Paul



John Lennon performing on the back of a truck

queen, a police dog display, fancy dress parade and the band of the Cheshire Yeomanry, the church fete also featured The Quarrymen skiffle group performing first on the back of a truck and then at 8pm in the church hall.

Fortunately, The Quarrymen's performance, led by John, drew the attention of Paul and in the early evening when the band was setting up their gear for their gig, a mutual friend called Ivan Vaughan introduced the pair – and two worlds collided to cause an impact that would rock the world.

On the iconic day this year, the city is to recreate the entire day; re-staging the event at Woolton in

every detail, including the surviving Quarrymen performing and some left-handed young local lad showing another how to play *Twenty Flight Rock* on a right-handed guitar the wrong way round – just as Paul tutored John at their meeting, massively impressing him and causing him a couple of weeks later to officially invite Paul to join the band.

Paul, who has recalled that he wore a white jacket with silver flecks and a pair of black drain-pipe trousers on the day, has clear memories of the time when he showed John how to tune a guitar and then sang Eddie Cochran's *Twenty Flight Rock* and Gene Vincent's *Be-Bop-A-Lula*, along with a medley of songs by Little Richard.

"I remember coming into the fete and seeing all the sideshows. And hearing all this great music wafting in from this little Tannoy system. It was

on the evening of July 6 1957.

The original momentous day took place at Woolton, a suburb of Liverpool, when along with the crowning of the rose

John and the band," he said. "I remember I was amazed and thought 'Oh great' because I was obviously into the music. I remember John singing a song called *Come Go With Me*. He'd heard it on the radio. He didn't really know the verses but he knew the chorus. The rest he just made up himself.

"I just thought 'Well, he looks good, he's singing well and he seems like a great lead singer to me'. Of course, he had his glasses off, so he really looked suave. I remember John was good. He was really the only outstanding member, all the rest kind of slipped away.

"I also knocked around on the backstage piano and that would have been *A Whole Lot Of Shakin'* by Jerry Lee.

"That's when I remember John leaning over, contributing a deft right hand in the upper octaves and surprising me with his beery breath. It's not that I was shocked, it's just that I remember this particular detail."

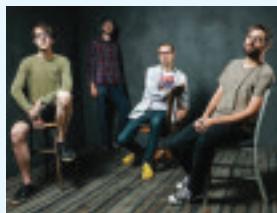
Remarkably, The Quarrymen's set was recorded by an audience member, Bob Molyneux, on his portable Grundig reel-to-reel tape recorder.

In 1994, Molyneux, then a retired policeman, rediscovered the tape, which contained scratchy recordings of the band performing Lonnie Donegan's *Puttin' On The Style* and Elvis Presley's *Baby, Let's Play House*.

The tape was sold on September 15 1994 at Sotheby's for £78,500. At the time it was the most expensive

## gigguide

Compiled by Jack Dixon



### Cloud Nothings

Koko, Camden

Tuesday March 21

Cloud Nothings was founded in a Cleveland basement, the one-man recording project of Dylan Baldi. The band's unexpected breakthrough came in 2012 with the surprise hit album *Attack On Memory*. Two well-received records have followed since, cementing the group's place at the popular end of hardcore. Smart, nuanced, and immensely listenable, this is guitar-driven pop as it should be.



### Emeli Sande

O2 Academy, Brixton  
Tuesday March 21

She was the glamour girl who became the darling of the London Olympics and Emeli Sande's own unlikely rise to fame seemed to chime perfectly with the underdog achievements of Team GB. But the Sunderland-born Scot was certainly no one-hit wonder. By the time the torch was on its way to Rio, she had earned her rightful place among the biggest-selling artists in pop. Older and wiser now, she continues to push the boundaries of her field and earned acclaim for her latest album *Long Live The Angels* last year.



### Laura Marling

Roundhouse, Camden

Tuesday March 21

Folk princess Laura Marling returns to London this week to celebrate the release of her sixth studio album, *Semper Femina*. Produced alongside US musician Blake Mills in late 2015, the album follows Marling's directorial debut with the video for the first fruits of the record – and its opening track – *Soothing*.



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# Capital nights

**B**ACK in his school days a young Mark Bailey was first nicknamed Bill by his A-level music teacher. As a troubled teen growing up in the rural Westcountry, the intellectually gifted boy from Bath let his studies slip as he became entranced by the endless possibilities of making music.

He was so skilled at playing the early 20th-century standard (*Won't You Come Home*) *Bill Bailey* by Hughie Cannon that the name stuck.

Thirty years on and Bill's incredible talent for all manner of musical instruments continues to play a central part in his award-winning stand-up comedy shows.

With a life membership in the "national treasure" club already secured, he is now at the peak of his powers.

He is a giant of the circuit with a brain the size of a planet and a passion for activism – but also carrying a common touch makes him a comic for all comers.

As a boy, Bill harboured dreams of fronting the next great rock band and he often mythologises on stage about his formative years discovering the likes of Talking Heads, The Clash and Led Zeppelin.

In fact, the comedy songs he weaves into his shows are loved so dearly by fans that he has landed gigs at some of the country's biggest venues.

Not only was Bill invited to work with the BBC Concert Orchestra in a spectacular performance at the Royal Albert Hall, he sang for the Queen at the 2012 Royal Variety and even headlined the Sonisphere festival in Knebworth. But despite his life-long love of music, he was eventually drawn towards comedy as a means to engage more directly with his audience.

"There was something about stand-up that music wouldn't give me, which was my love of the spoken word and the mercurial tendency of language to respond to what happens to you," he said in a recent interview with *The Scotsman*.

"Language is more adaptable and I love to speak out. That side of me meant a music career wouldn't do it."

The 53-year-old returns to London this month to try out new material, following the success of his latest *Limoland* tour – a marathon run of shows he began back in September 2015.

Bill, who lives in Hammersmith with his wife Kristin and their teenage son Dax, will take to the Leicester Square Theatre stage – a popular haunt for stand-ups to screen test jokes – on March 28.

The star, perhaps still best known for his appearances on television panel shows *Never Mind The Buzzcocks*, *Have I Got News For You* and *QI*, has built a new life in West London after saying goodbye to the countryside some years ago.

He is a proud Queens Park Rangers fan and has made several appearances with local politicians to defend the NHS from government cuts and promote the cause of his beloved Labour Party.

He has described protecting the future of Charing Cross Hospital as crucial and lauded plans for the Hammersmith flyunder as a project that will make the borough "the envy of Europe".

Bill's other great passion in life is the natural world. An obsessive pet-owner with a house overflowing with weird and wonderful creatures, he is also a dedicated animal rights activist.

His stand-up is adorned with anecdotes and insights about wildlife and his curiosity for exploration and adventure has led him to all corners of the world in a series of documentaries for Sky, Channel 4 and the BBC.

Tales from the natural world cropped up again in his *Limoland* tour, which Bill described as a show about the gap between how we imagine our lives to be and how they really are.

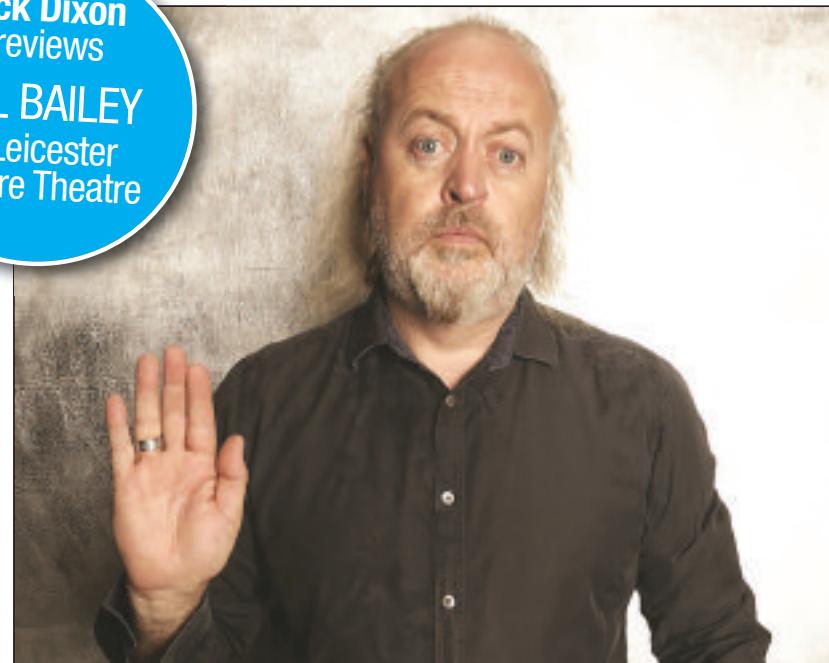
"When I was a kid I thought (the future) would be a bright, shiny *Tomorrow's World* – it isn't," he says of the show.

"That's what I wanted to explore – as well as where we go from here. There doesn't seem to be any clear path. When I was a kid Britain seemed to know its place in the world – now we don't."

In his early 50s, Bill Bailey still has many years left at the top of his field. But when he does step off the stage for the final time, he will be a tough act to follow.

*Bill Bailey will perform at the Leicester Square Theatre on March 28.*

**Jack Dixon**  
previews  
**BILL BAILEY**  
at Leicester Square Theatre



## Singer's maturity belies inexperience

MANY of the songs on Michael Kiwanuka's long-awaited second album were written around two years ago as he wrestled with his own creative demons.

But emerging last July in the midst of a hot summer characterised by uncertainty and division, they felt wrapped up entirely in the here and now.

Exploring his own personal vulnerability as a black man "in a white world", the 29-year-old Londoner captures the sense of discord and confusion that currently dogs a nation still coming to terms with Brexit.

It's hard to tell whether Kiwanuka inadvertently found his finger on the pulse or if he truly does have a gift for foresight.

What is unquestionable about his songwriting, however, is its unflinching honesty – and perhaps it is this sense of truthfulness that makes Ki-

wanuka's music feel so up-to-the-minute.

The album, *Love & Hate*, is a deeper, darker and more dexterous effort than his debut, 2012's *Home Again*, which earned the Muswell Hill singer a nomination for the Mercury Prize that year. Out goes the sweet and summery acoustic chill, replaced by a more intense brand of soul infused with Kiwanuka's poignant and confessional lyrics.

Running at close to an hour in length, the album portrays an artist burrowing deep into his own mind and confronting the insecurities he's saddled with.

Songs like *Father's Child*, *Place I Belong* and *Black Man In A White World* are indicative of the struggle for identity and individuality in a confused society, while the heartbreaking closer *The Final Frame* lays Kiwanuka bare.

The singer has previously spoken of his temptation to give up music after going through a creative dry spell following the acclaim for his debut. But he says it was that determination to dig deeper and face up to those demons that drove him on to complete *Love & Hate*.

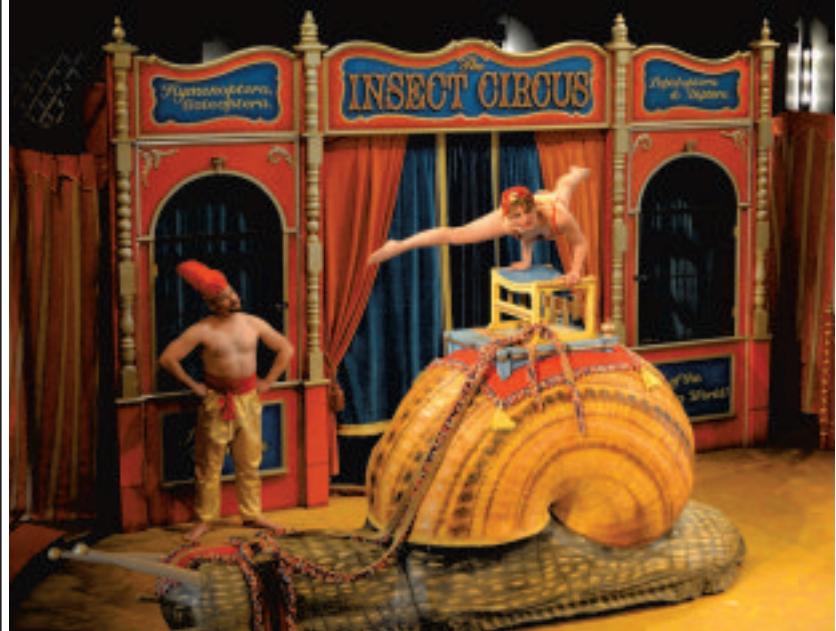
In a recent interview with music blog *Face Culture* he said: "Writing with some other people got some other parts out of me that I didn't know were there. They pushed me to complete my ideas and not give up."

The self-effacing Kiwanuka, whose maturity belies his relative inexperience, lists honesty, emotion and vulnerability among the key elements of a great song. And they're found in abundance on the album.

*Michael Kiwanuka will perform at the Royal Albert Hall on May 5.*

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# Talk of the town

## REVIEW Who's Afraid Of Virginia Woolf? at Harold Pinter Theatre

★★★★

HAD I not met Imelda Staunton and found her to be perfectly delightful, I might assume she is becoming typecast, writes Nicky Sweetland.

After her epic portrayal of the savage stage mom in *Gypsy* – for which she won a fourth Olivier Award last year – she now takes on another famously forceful femme in Edward Albee's *Who's Afraid Of Virginia Woolf*.

The 1962 play, which depicts the breakdown of a tumultuous marriage, has been given new life by director James Macdonald at the Harold Pinter Theatre.

And the concoction of calamity is impressively interpreted by Staunton and a team of actors who will keep you on the edge of your seat throughout the three-hour performance.

Albee's play has been revived on many occasions but gained its prominence following the 1966 film adaptation, which earned Elizabeth Taylor and Richard Burton Academy Awards for their portrayals of the famed contending couple Martha and George.

Staunton's Martha is a pocket-size powerhouse who openly mocks and humiliates her husband, playing on his insecurities and poking and prodding his delicate demeanor for her own gratification.

After a university faculty party she invites newcomers Nick and Honey into her modest abode for a nightcap.

It becomes obvious

early on that this invitation is part of Martha's need to have an audience as she attempts to draw them into a dominant display of vitriol towards her beaten spouse.

This is another immensely authoritative performance from Staunton, who glides seamlessly from attention-seeking hostess to femme fatale and then, in an exquisite display of stagecraft in the final moments, becomes vulnerable and wretched.

Her sparring partner George is performed with equal potency by Conleth Hill and the fascinating game between the cohorts is played out with exceptional rhythm thanks to Macdonald's tight direction.

Luke Treadaway's Nick is a buff blond all-star who never really exudes enough youthful ignorance for it to be believable that Martha can manipulate him.

In contrast, Imogen Poots has so much childlike charm as Honey that the couple appears mismatched.

Many of the themes are not necessarily apparent – so if you haven't seen or read the play, it's a good idea to get to grips with the general idea before you visit in order to gain the most from what is an extraordinary piece of theatre.

*Who's Afraid Of Virginia Woolf* continues at the Harold Pinter Theatre until May 27. For more details, see [whosafraidofvirginiawoolf.co.uk](http://whosafraidofvirginiawoolf.co.uk).



**E**LENA Ferrante was chosen this year as one of *Time* magazine's 100 most influential people on the planet. The elusive author, who works under a pseudonym, is perhaps best known for writing a four-volume family epic known as the *Neapolitan Novels*. The saga has been adapted for the stage by acclaimed playwright April De Angelis and received its premiere at the Rose Theatre Kingston recently.

The new stage production incorporates *My Brilliant Friend* – the first novel in the Neapolitan quartet, translated into English in 2012 – *The Story Of A New Name* (2013), *Those Who Leave And Those Who Stay* (2014) and the final book in the quartet, *The Story Of The Lost Child*, which was shortlisted for the 2016 Man Booker International Prize.

The ambitious stage event is directed by Melly Still – who is celebrated for "creating astonishingly potent" theatre – and stars stage stalwarts Catherine McCormack and Niamh Cusack, who took some time off from her final rehearsals to tell us about the show.

The two-part play chronicles the lives of friends Elena and Lila, following them from their childhoods in a poor, tough neighbourhood of Naples, through passionate love affairs, burgeoning careers and family struggles.

Niamh explains: "It charts their friendship from when they are six until they are 60. It's set against the backdrop of Naples, with everything that entails including the Camorra (the Neapolitan mafia) and the politics of Italy from the 1950s until 2012."

The powerful story of love, violence, sex, ambition, genius and self-destruction is an exploration not just of female friendship and rivalry but of Italy after the war and the decades of political turmoil and cultural change that followed. And Niamh explains: "It has a huge scope."

Part of an Irish acting dynasty, Niamh is the daughter of actors Cyril and Maureen Cusack, and her sisters Sinead and Sorcha, brothers Paul and Padraig and half-sister Catherine are all in the business.

Niamh first gained huge acclaim as part of the Royal Shakespeare Company.

After playing opposite the likes of Ben Kingsley and Sean Bean, Niamh came to the wider public's attention when she starred as Dr Kate Rowan in the popular television drama series *Heartbeat* (1992 to 1995).

In August 2012 Niamh joined the National Theatre to play the role of Siobhan in the stage adaptation of Mark Haddon's book *The Curious Incident Of A Dog In The Night-Time*, which won seven Olivier Awards, including for best new play.

More recently, she returned to the London stage as Paulina in *The Winter's Tale* at the

later a successful film, lulls you into a false sense of security from the very beginning, with a lot of frothy fun and giggly teen talk, as we meet Minnie, a 15-year-old girl who has decided to start a diary.

It's like a 1970s VLOG, with Minnie – played with wide-eyed innocence and immense intelligence by the excellent Rona Morison, pictured – chronicling her inner thoughts and anxieties on to a cassette recorder.

It's not until we discover that her path of sexual discovery has started with a relationship with her mum's boyfriend that it stops being funny.

Although there are lots of great gags and lines put in to lighten the load, much of the tittering from the audience comes from discomfort, rather than genuine amusement.

Set in San Francisco, all of the

Niamh Cusack, right, as Lenu, and Catherine McCormack as Lila in *My Brilliant Friend*

Picture: Marc Brenner



**Nicky Sweetland**  
talks to *My Brilliant Friend* star  
**NIAMH CUSACK**

April De Angelis has written for the National Theatre, Royal Court and the RSC to name just a few and has been involved in the development for the stage throughout the process.

Niamh, 57, plays Elena, a writer and the narrator of the play who's hardworking and acutely aware that her best friend Lila – played by Catherine McCormack – has an unusual flair for seeing right into the core of things.

"I don't think it's limited to Neapolitan women, so I think it's a thrillingly challenging thing to be a part of."

"It's about what it is to be a woman and I think people of all ages and both sexes will find it very moving and enlightening."

The novels are intricately, heavily plotted; seemingly unimportant events from childhood resonate startlingly later on, while the journey of even minor characters is carefully pitched across the series, making the job of adapting the story for the stage all the more complex.

## REVIEW The Diary Of A Teenage Girl at Southwark Playhouse

★★★★

AFTER seeing the jolly poster, you would be forgiven to expect *The Diary Of A Teenage Girl* at Southwark Playhouse to be a kind of female version of *Adrian Mole*; all angst and hormones with a bit of adolescent stupidly to chortle at, writes Nicky Sweetland.

What you'll actually experience, however, is an enthralling but horrific portrayal of sexual discovery and abuse, performed with absolute aplomb.

The coming-of-age-comedy-drama, which began life as a graphic novel by Phoebe Gloeckner and was



questionable style and socio-economic issues of the post-free-love era are used as a backdrop as we enter a world of promiscuity and substance misuse.

The plot wouldn't be out of place on *The Jeremy Kyle Show* as Minnie descends into a self-destructive search for fulfillment, while her mother's drug taking leads to an inability to take responsibility for her

children's wellbeing, and her ex-stepdad sleeps with her teenage friend.

Rebecca Trehearn at first appears a little young to be the inept matriarch. But as the story continues we discover it is her own teenage misadventures which have led to the disastrous set of conclusions.

Jamie Wilkes is chillingly likable as the paedophilic Monroe, while Saskia Strallen charms as the preppy and caricatured best friend.

Despite some hugely distasteful moments – not least the suicide helpline manned by an evangelical misogynist – this is a powerful and fast-paced play which will keep you captivated throughout.

*The Diary Of A Teenage Girl* runs at Southwark Playhouse until Saturday. For more details, see [southwarkplayhouse.co.uk/show/the-diary-of-a-teenage-girl](http://southwarkplayhouse.co.uk/show/the-diary-of-a-teenage-girl).

# Talk of the town

## Rosencrantz & Guildenstern Are Dead at The Old Vic

★★★★★

**T**HERE'S something hugely appealing about a double act; two halves of a whole acting as the yin to the other's yang and perfectly balanced in order to appeal to all aspects of our inner being.

Morecambe and Wise, Laurel and Hardy, French and Saunders and even Bert and Ernie have all delivered delightful binary comedy performances and ensured the nation's continued fascination with 'buy one, get one free' entertainers.

Fifty years ago the National Theatre produced a new play by an unknown playwright at its then home The Old Vic. The play was called *Rosencrantz & Guildenstern Are Dead*, a play which introduced the world to a beloved duo – think a Shakespearean-style Ant and Dec – and catapulted its writer Tom Stoppard to international stardom.

Half a century later the tragicomedy returns to the famed Waterloo venue and still packs a punch, with *Harry Potter* star Daniel Radcliffe paired up with *Lovesick's* Joshua Maguire in David Leveaux's production, which brings an innovative brilliance to Stoppard's scholarly and droll wordplay.

The much-loved play, which was first performed at the Edinburgh Fringe Festival, enlarges on the adventures of two minor characters from Shakespeare's *Hamlet*.

While pondering the monotony of life, the couple act as confused commentators on the periphery of the epic events affecting the major players in *Hamlet* but never truly settle on their roles either within the story or life itself.

Stoppard cleverly entwines his own witty dialogue into that of the Bard's. And with cameo appearances from leading characters (including Luke Mullins as Hamlet), the

duo are further pushed into a frustrated obscurity.

With lightning quick interplay and subtle exchanges they attempt to establish their purpose while careering down the inevitable helter skelter towards death.

The striking contrasts between the pair – like a coin; one heads, one tails – is cleverly played upon within the opening scene.

Radcliffe's stubbly, slender and worrisome Rosencrantz juxtaposes Maguire's clean-shaven and sturdy Guildenstern, who is filled with an optimistic earthiness.

They are given light relief with the interruption of a travelling theatre troupe, led by the seedy yet charismatic character played by David Haig, who imparts his worldly knowledge while creepily offering an interactive experience.

At times Haig threatens to steal the show, with a performance reminiscent of Johnny Depp's Captain Jack Sparrow, but the fast-paced exchanges between Radcliffe and Maguire outflank the roguish stalwart and they each provide some scene-stealing moments of their own.

Radcliffe is hugely watchable and proves why he is the A-list star. But at times both his stature and voice feel small on the cavernous stage.

Maguire, on the other hand, commands attention from beginning to end with a masterful display.

Highly amusing and infinitely intriguing, this is a welcome addition to London's theatre scene this season.

If you can't get down to the Old Vic before the show closes, you need not fear, as the production will hit movie screens worldwide on April 20 as part of the NT Live series.

*Rosencrantz & Guildenstern Are Dead* is playing at the Old Vic until April 29. For more details, see [oldvictheatre.com](http://oldvictheatre.com).

Review  
by  
Nicky  
Sweetland

**Daniel Radcliffe, left, as Rosencrantz and Joshua McGuire as Guildenstern in *Rosencrantz & Guildenstern Are Dead* at The Old Vic**  
Pictures: Manuel Harlan



## Baryshnikov's nostalgic tribute to pal

**MIKHAIL Baryshnikov** is an Academy Award-nominated actor – but it's for his dance that he is perhaps most acclaimed. Often cited alongside Vaslav Nijinsky, Rudolf Nureyev and Vladimir Vasilev as one of the greatest ballet dancers in history, Baryshnikov has spearheaded many of his own artistic projects and brings his one-man show, entitled *Brodsky/Baryshnikov*, to the Apollo Theatre for a strictly limited run.

Based on the poems of Nobel laureate Joseph Brodsky, the production is pitched as an emotional journey deep into the poet's visceral and complex compositions.

Baryshnikov became well known for his television and film work, in particular for his portrayal of the character Yuri Kopeikine, a famous Russian womanising ballet dancer, in

the 1977 film *The Turning Point*, for which he received an Oscar nomination. He co-starred with Gregory Hines and Isabella Rossellini in the 1985 film *White Nights*, choreographed by Twyla Tharp, and he was featured in the 1987 film *Dancers*.

On television, in the last season of *Sex And The City*, he played a Russian artist, Aleksandr Petrovsky, who wooed Carrie Bradshaw (Sarah Jessica Parker). He also co-starred in *Company Business* (1991) with Gene Hackman.

*Brodsky/Baryshnikov* is conceived and directed by Alvis Hermanis, noted Latvian director of The New Riga Theatre. Performed in Russian with English subtitles, Baryshnikov recites a selection of his long-time friend's poignant and eloquent works. His subtle physicality transports the audi-

ence into Hermanis' reverent imagining of Brodsky's interior world.

Baryshnikov first remembers reading Brodsky's poetry when he was aged 16, having just arrived in Leningrad to study ballet. Brodsky and Baryshnikov were introduced at a party in New York, soon after Brodsky's forcible exile from the Soviet Union in 1972. This marked the start of their 22-year friendship, which lasted until Brodsky's death in 1996.

Found somewhere between a play, a poetry recital and a piece of performance art, *Brodsky/Baryshnikov* is Baryshnikov's nostalgic tribute to his once dear friend.

*Brodsky/Baryshnikov* will run at the Apollo Theatre from May 3 to 6. See [nimaxtheatres.com/apollo-theatre/brodsky-baryshnikov](http://nimaxtheatres.com/apollo-theatre/brodsky-baryshnikov).

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# **GOVERNORS REQUIRED FOR HOUSING ASSOCIATION**

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Our Board of Governor posts are unpaid.

If you would be interested in joining our Board please send your CV to: [james.mcnicholas@cyrenians.org](mailto:james.mcnicholas@cyrenians.org)

# Property

## High demand and low supply pushing up prices

**H**OUSE prices in the three months to February were 5.1 per cent higher than in the same period a year ago, down from 5.7 per cent in January.

The figures from the Halifax House Price Index show that prices in the three months to February were 1.7 per cent higher than in the preceding quarter, with the average price of a house being £219,949.

Martin Ellis, Halifax housing economist, said: "House prices in the three months to February were 1.7 per cent higher than in the previous quarter, down from 2.3 per cent in January.

"The annual rate of growth fell to 5.1 per cent from January's 5.7 per cent, the lowest since July 2013.

"Housing demand is being supported by an economy that continues to perform well with employment still expanding. Meanwhile, the supply of both new homes and existing properties available for sale remains low. This combination is pushing up prices.

"The annual rate of house-price growth has, however, nearly halved over the past 11 months.

"A sustained period of house-price



The average price of a house is now £219,949, says Halifax

growth in excess of pay rises has made it increasingly difficult for many to purchase a home.

"This development, together with signs of reduced momentum in the jobs market and squeezed consumer spending power, is expected to curb house-price growth during 2017."

Russell Quirk, founder and chief executive of eMoov.co.uk, said: "It would seem the cobwebs have been dusted off after the New Year hangover with these latest numbers showing the UK housing market remains resilient and is bouncing back after a seasonally slow start to 2017,

reversing the downward trend seen last month.

"With prices having increased both annually and monthly, albeit only marginally, it is probable that we will continue to see the property market blossom as we enter into spring, in what is traditionally the

busiest time of the year. However, the continued growth of these numbers could hinge on (this month's) Budget announcement and whether or not the government decides to actually tackle the shortage of housing in the UK. If they do finally take a step in the right direction, price growth could cool to a certain extent as buyer thirst is quenched with an adequate level of housing stock, although this would be a slow process."

The Halifax House Price Index is the UK's longest-running monthly house-price series, with data covering the whole country going back to January 1983. From this data, a 'standardised' house price is calculated and property price movements on a like-for-like basis – including seasonal adjustments – are analysed over time.

The annual change is calculated as an average for the latest three months compared with the same period a year earlier.

These figures provide a better picture of the underlying trend compared to a monthly year-on-year number as they smooth out any short-term fluctuations.

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## Local Planning Applications

### London Borough of Hammersmith & Fulham



#### PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS)

ACT 1990

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#### FOR DEVELOPMENT WHICH MAY AFFECT THE CHARACTER OR APPEARANCE OF A CONSERVATION AREA

Telephone Box Outside 123 King Street, London SW1 123 2017/00964/TEL56

Installation of a new telephone kiosk to replace the existing.

Telephone Box Outside 123 King Street, London SW1 123 2017/00965/ADV

Display of an internally illuminated digital advertisement panel to the rear of the replacement telephone kiosk.

Flat A First Floor 50 Ingletorpe Street, London SW6 6NT 2017/00759/FUL

Erection of a front roof extension; erection of a rear extension at second floor level over part of the existing back addition; installation of a new window to replace the existing window in the rear roofspace; replacement of existing roof slates with new cement fibre slates.

184 Munster Road, London SW6 6AU 2017/00791/FUL

Further excavation and enlargement of the existing basement to include the installation of new front pavement lights.

Hammersmith Palais 242 Shepherd's Bush Road, London W6 7NL 2017/00884/VAR

Variation of condition 21 (Student accommodation management scheme) of planning permission ref: 2012/02415/VAR granted 12th December 2012 to allow the submission of a general public management plan for use of the property during the summer months.

1 - 3 Michael Road, London SW6 2ER 2016/01448/FUL

Demolition of existing foundry (Class B2) buildings and redevelopment of the site to include the erection of a part one/ two / three /four storey plus basement building, comprising 1 x office unit (Class B1) and 1 x retail/financial & professional services unit (Class A1/A2) at ground floor level, and 12 self contained flats between ground and third floor level, 10 basement car parking spaces, associated cycle and refuse storage.

(These proposals have been amended: the footprint of the building has been reduced at third floor and set back from adjacent properties in Kings Road; the internal floorspace of the proposed units has been reconfigured to increase the provision of flats from 9 to 12 with a contribution to off-site affordable housing provision).

20 Waldemar Avenue, London SW6 5NA 2017/00690/FUL

Erection of an additional floor at roof level; erection of a rear extension at second and third floor levels, on top of the existing back addition; erection of glazed screening around the flat roof at third floor level for use as a roof terrace; conversion of the first, second and third floor levels to provide 1 x 1 bedroom and 1 x three bedroom self-contained flats.

Link Unit Outside 59 Goldhawk Road, London W13 0DD 2017/00633/ADV

Display of a free standing internally illuminated digital advertisement panel with a telephone to replace the existing advertisement panel.

424 And 426 Fulham Palace Road, London SW6 6HX 2017/00810/FUL

Erection of a rear roof extension including the installation of a door and a Juliet balcony to No. 426; installation of 3no. rooflights in the front roofspace to No. 426; erection of a rear extension at second floor level over part of the existing back addition to No. 426; installation of a rooflight to the side roofspace of the back addition at second floor level of No. 426; installation of French doors and a Juliet balcony to replace existing to the rear elevation at first floor level of No. 426; erection of a single storey rear extension to the side and rear of the existing back addition to No.424; installation of an external staircase to the rear elevation from first floor to ground floor level to No.3 424 and 426; and replacement of all windows to the front, rear and side elevations to No.s 424 and 426; conversion of first and second floor level of no. 426 Fulham Palace Road into 1 x two bedroom and 1 x one bedroom self-contained flats.

Flat 6 Holkham House, Sulgrave Road, London W6 7QN 2017/00850/FUL

Erection of a rear roof extension, involving an increase in the ridge height by 300mm; removal of part of the roof of back addition to form a

roof terrace with glass screens at second floor level.

4 St Peter's Villas, London W6 9BQ 2017/00619/FUL

Erection of rear extensions at ground floor and basement level; alterations to the roof of ground floor back addition to include the installation of a new rooflight; installation of new windows to the side elevation and new doors to the rear elevation at ground floor level; formation of new steps, metal balustrade and handrail in the rear garden; associated external alterations.

44 Reporton Road, London SW6 7JR 2017/00656/FUL

Erection of a rear roof extension, involving an increase in the ridge height installation of two rooflights in the front roofspace.

260 - 262 Uxbridge Road, London W12 7JA 2017/00381/FUL

Retention of an extraction duct to the side elevation of the rear extension at No. 262 and to the rear elevation of No 264 at first and second floor levels.

68, 70, 72, 74, 76, 78, 80 And 82 Bramber Road, London W14 9PB 2017/00801/FUL

Erection of additional floor at roof level to property Nos 68, 70, 72, 74, 76, 80 and 82 Bramber Road.

Link Unit Outside White City Service Station, Wood Lane, London W12 0ES 2017/00640/ADV

Display of a free standing internally illuminated digital advertisement panel with a telephone to replace the existing advertisement panel.

Link Unit Outside Broadway Shopping Centre, Hammersmith Broadway, London W6 9YD 2017/00642/ADV

Display of a free standing internally illuminated digital advertisement panel with a telephone to replace the existing advertisement panel.

15 Lilac Street, London W12 0RU 2017/00691/FUL

Erection of a single storey rear extension, to the side and rear of the existing back addition; increasing the height of the ground floor extension.

60 Cartwheel Road, London W6 0DX 2017/00867/FUL

Erection of a front roof extension; erection of a rear extension at second floor level, on top of the existing back addition.

48 Lydia Street, London SW6 6NG 2017/00922/FUL

Erection of a rear roof extension; installation of 2no. rooflights in the front roofspace; erection of a rear extension at second floor level over part of the existing back addition; erection of a part one part two storey rear extension at ground and first floor level to the side and rear of the existing back addition; and excavation of the rear garden to form a lightwell in connection with the enlargement of the existing basement; and conversion of the existing building comprising of 2no self-contained flats into a single family dwellinghouse.

28 And 28A Harwood Road, London SW6 4PH 2017/00918/FUL

Erection of a single storey rear extension at ground floor level, to the side and rear of the existing back addition; excavation of part of the rear garden to form a lightwell in connection with the enlargement of the existing basement; and conversion of the existing building comprising of 2no self-contained flats into a single family dwellinghouse.

581 Fulham Road, London SW6 5UA 2017/00937/FUL

Installation of a new shopfront to the front and side elevation; and installation and repositioning of a new entrance door to the front elevation to replace existing.

184 Munster Road, London SW6 6AU 2017/00944/FUL

Change of use of the basement and ground floor level from retail use (Class A1) into an office use (Class B1).

Flat A 46 Cranbury Road, London SW6 2NT 2017/00820/FUL

Erection of a rear roof extension, involving an increase in the ridge height by 300mm; erection of a rear extension at third floor level over part of the existing back addition; and installation of 2no. rooflights in the front roofspace.

Mathews Community Hall, 12 Margravine Road, London W6 8HJ 2017/00763/FR3

Replacement of existing double glazed timber casement windows and timber external doors with new Rehau PVCu casement windows and doors; formation of a new disabled access ramp with handrails to eastern elevation; extension of existing railings and installation of a new entrance gate to southern elevation.

19 And 19A Grimston Road, London SW6 3QR 2017/00784/FUL

Change of use from a commercial workshop (B2) to a one bedroom self contained residential unit (C3), including replacement of the existing 3 roller doors to front elevation with a new residential door and opaque double glazed windows, exposure and repainting of existing brickwork, and demolition of part of the building

to the rear in connection with the provision of private amenity space.

49 Ravenscourt Gardens, London W6 0TU 2017/00808/FUL

Installation of new double glazed timber patio doors with fanlight to replace the existing doors at ground floor level and installation of new double glazed timber framed sash window to replace the existing window at first floor level to the front elevation; replacement of 1no window at first floor level and 1no window at ground floor level with new double glazed timber framed sash windows to the side of rear back additions.

42 Dewhurst Road, London W14 0ES 2017/00948/FUL

Further excavation and enlargement of the existing basement to form a rear lightwell, installation of new French doors and windows to the front lightwell at basement level.

9 Daisy Lane, London SW6 3DD 2017/00962/FUL

Erection of a rear roof extension; partial demolition and rebuilding of single storey rear extension; excavation of the front garden to form a lightwell in connection with the enlargement of the existing basement; erection of a single storey outbuilding following the demolition of the existing outbuilding in the rear garden.

20 Avonmore Road, London W14 8RR 2017/00976/FUL

Increasing height of the existing boundary wall along the West side of the site at second & third floor levels.

20 Filmer Road, London SW6 7BW 2017/00836/FUL

Change of use of existing commercial premises (Class B1) at ground floor level with ancillary storage at basement level to a two bedroom residential maisonette (Class C3); replacement of existing ground floor shopfront to the front elevation; replacement of existing ground floor rear entrance door with a set of bi-folding French doors; alterations to the rear lightwell and repositioning of external stairs from basement to ground floor level.

28 And 28A Harwood Road, London SW6 4PH 2017/00918/FUL

Erection of a single storey rear extension at ground floor level, to the side and rear of the existing back addition; excavation of part of the rear garden to form a lightwell in connection with the enlargement of the existing basement; and conversion of the existing building comprising of 2no self-contained flats into a single family dwellinghouse.

28 And 28A Harwood Road, London SW6 4PH 2017/00920/FUL

Erection of a rear extension at second floor level on top of the existing back addition; erection of a single storey rear extension at ground floor level, to the side and rear of the existing back addition; excavation of part of the rear garden to form a lightwell in connection with the enlargement of the existing basement; and conversion of the existing building comprising of 2no self-contained flats into a single family dwellinghouse.

Telephone Call Box Outside 156 Uxbridge Road, London W12 0EP 2017/00966/TEL56

Installation of a new telephone kiosk to replace the existing.

Telephone Call Box Outside 156 Uxbridge Road, London W12 0EP 2017/00967/ADV

Display of an internally illuminated digital advertisement panel to the rear of the replacement telephone kiosk.

Flat C Second Floor 383 Fulham Palace Road, London SW6 6TA 2017/00351/FUL

Erection of a rear roof extension; installation of two rooflights in the front roofspace; erection of glass screening around flat roof at second floor level in connection with its use as a terrace.

85 Finlay Street, London SW6 6HF 2017/00715/FUL

Excavation of front garden and part of rear garden to form lightwells, in connection with the enlargement of the basement; erection of a single storey rear extension, to the side and rear of the existing back addition; erection of a rear extension at second floor level; installation of a new window following the removal of existing door at lower ground floor level to the front elevation; installation of a new window at second floor level, replacement of 2no windows with a new window at ground floor level to the rear elevation; conversion of the dwellinghouse into 5 x 1 bedroom and 3 x 2 bedroom self-contained flats.

530 Fulham Road, London SW6 5NR 2017/00849/FUL

Change of use of the ground floor from D1 use into a one bedroom self-contained flat (Class C3); erection of an additional floor at roof level in connection with the creation of a 1 x 1 bedroom self-contained flat; formation of a roof terrace at fourth floor level; installation of a window to replace the existing door at ground floor level to the eastern elevation.

Shepherd's Bush Library, 6 Wood Lane, London W12 7BF 2017/00847/TEL56

Installation of new double glazed timber patio doors with fanlight to replace the existing doors at ground floor level and installation of new double glazed timber framed sash window to replace the existing window at first floor level to the front elevation; replacement of 1no window at first floor level and 1no window at ground floor level with new double glazed timber framed sash windows to the side of rear back additions.

Anyone who wishes to make representations about these applications should do so by 10th April 2017. See below for ways of commenting on applications.

Flat 7 15 Girdlers Road, London W14 0PS 2016/05450/FUL

Replacement of existing balcony doors with new double glazed French doors to the front elevation at first floor level.

328 Uxbridge Road, London W12 7LJ 2017/00651/FUL

Erection of a two storey rear extension at first and second floor level, to the side of the existing back addition; erection of a rear extension at second floor level, on top of existing back addition; in connection with the conversion of first, second, and third

floors from 2no. residential flats to 3 no. residential flats.

49 Ravenscourt Gardens, London W6 0TU 2017/00809/FUL

Installation of new double glazed timber patio doors with fanlight to replace the existing doors at ground floor level and installation of new double glazed timber framed sash window to replace the existing window at first floor level.

49 Hestercombe Avenue, London SW6 5LL 2017/00839/FUL

Erection of a rear roof extension, including a door with a Juliet balcony; installation of 3no. electrical charging points for vehicles and 1no. feeder pillar; formation of 3no. designated 'Electric Vehicles Only' parking bays.

49 Hestercombe Avenue, London SW6 5LL 2017/00839/FUL

Erection of a rear roof extension, including a door with a Juliet balcony; installation of 3no. electrical charging points for vehicles and 1no. feeder pillar; formation of 3no. designated 'Electric Vehicles Only' parking bays.

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Erection of a rear roof extension, including

## Public Notices

### Transport for London Notice

#### ROAD TRAFFIC REGULATION ACT 1984

#### THE A3214, A302 AND A202 GLA ROADS (BUCKINGHAM PALACE ROAD, VICTORIA STREET AND BRESSENDEN PLACE, CITY OF WESTMINSTER) (TEMPORARY PROHIBITION OF TRAFFIC AND STOPPING) ORDER 2017

- Transport for London hereby gives notice that it intends to make the above named Traffic Order under section 14(1) of the Road Traffic Regulation Act 1984 for the purpose specified in paragraph 2. The effect of the Order is summarised in paragraph 3.
- The purpose of the Order is to enable re-surfacing works to take place in the vicinity of Buckingham Palace Road, Victoria Street and Bressenden Place.
- The effect of the Order will be to prohibit any vehicle from:
  - Enter, exit, proceed or stop on Buckingham Palace Road between its junction with Bressenden Place and the extended boundary of Nos. 91 and 99 Buckingham Palace Road;
  - Enter, exit, proceed or stop on Victoria Street between its junctions with Vauxhall Bridge Road and Buckingham Palace Road;
  - Enter, exit, proceed or stop on Bressenden Place between its junctions with Buckingham Palace Road and Allington Street;
  - Local access only will be maintained on Eaton Lane between its junction Beeston Place and the extended western building line of No. 42 Eaton Lane;

Between 9:00 PM on the 31st March 2017 until 5:00 AM on the 3rd April 2017 and each night between 9:00 PM on 3rd March 2017 until 5:00AM on the 6th April 2017 or when those works have been completed whichever is the sooner. The prohibition will apply only during such times and to such extent as shall from time to time be indicated by traffic signs.

- The prohibitions will not apply in respect of:
  - any vehicle being used for the purposes of those works or fire brigade, ambulance or police purposes;
  - anything done with the permission or at the direction of a police constable in uniform or a person authorised by Transport for London.

- At such times as the prohibition is in force an alternative route will be indicated by traffic signs via:

For vehicles wishing to enter southbound Buckingham Palace Road from Lower Grosvenor Place (Buckingham Palace Road (northbound), Palace Street, Victoria Street onto normal route of travel) or (Buckingham Palace Road (northbound), Buckingham Gate, Victoria Street onto normal route of travel);

For vehicles wishing to enter Lower Grosvenor Place from Victoria Street (Vauxhall Bridge Road, Neathouse Place, Bridge Palace, Ecclestone Bridge, Buckingham Palace Road Grosvenor Gardens onto normal route of travel); For vehicles over 18 tonne wishing to enter Buckingham Palace Road (Vauxhall Bridge Road, Bessborough Gardens, Vauxhall Bridge, Bridgefoot, Albert Embankment, Lambeth Palace Road, Westminster Bridge Road, Westminster Bridge, Bridge Street, Parliament Square, Great George Street, Parliament Street, Whitehall, Trafalgar Square, Cockspur Street, Pall Mall, St James Street, Piccadilly, Duke of Wellington Place, Knightsbridge, Sloane Street, Lower Sloane Street, Pimlico Road onto normal route of travel);

Dated this 21st day of March 2017

Mufu Durowoju

Network Impact Management Team Manager,  
Road Space Management - Operations, Transport for London  
Palestra, 197 Blackfriars Road, London, SE1 8NJ

MAYOR OF LONDON



TRANSPORT  
FOR LONDON

#### THE INSOLVENCY RULES 1986 Rule 4.10(4)(1)

#### FULHAM ROCK LIMITED

#### In Creditors' Voluntary Liquidation

Registered Number: 08796951

The Company's registered office is c/o BDO LLP, 55 Baker Street, London, W1U 7EU.

WE HEREBY GIVE NOTICE that James Money IP no. 8999 and Martha H Thompson IP no. 8678 of BDO LLP, 55 Baker Street, London, W1U 7EU were appointed Joint Liquidators of the above named company on 3 March 2017. All debts and claims should be sent to us at the address above.

The Joint Liquidators may be contacted at c/o Robert Ferne on robert.ferne@bdo.co.uk.

Dated: 9 March 2017  
James Money  
Joint Liquidator

#### LICENSING ACT 2003 MAJOR VARIATION

Application has been made to London Borough of Camden to vary a premises licence under section 34 of the Act by Tesco Stores Ltd, in respect of Tesco Extra 124/125, 124/126, 124/127, 124/128, 124/129, 124/130, 124/131, 124/132, 124/133, 124/134, 124/135, 124/136, 124/137, 124/138, 124/139, 124/140, 124/141, 124/142, 124/143, 124/144, 124/145, 124/146, 124/147, 124/148, 124/149, 124/150, 124/151, 124/152, 124/153, 124/154, 124/155, 124/156, 124/157, 124/158, 124/159, 124/160, 124/161, 124/162, 124/163, 124/164, 124/165, 124/166, 124/167, 124/168, 124/169, 124/170, 124/171, 124/172, 124/173, 124/174, 124/175, 124/176, 124/177, 124/178, 124/179, 124/180, 124/181, 124/182, 124/183, 124/184, 124/185, 124/186, 124/187, 124/188, 124/189, 124/190, 124/191, 124/192, 124/193, 124/194, 124/195, 124/196, 124/197, 124/198, 124/199, 124/200, 124/201, 124/202, 124/203, 124/204, 124/205, 124/206, 124/207, 124/208, 124/209, 124/210, 124/211, 124/212, 124/213, 124/214, 124/215, 124/216, 124/217, 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## Transport for London Notice

### ROAD TRAFFIC REGULATION ACT 1984

#### THE A302 GLA ROAD (GROSVENOR PLACE, CITY OF WESTMINSTER) (TEMPORARY PROHIBITION OF TRAFFIC) ORDER 2017

- Transport for London hereby gives notice that it intends to make the above named Traffic Order under section 14(1) of the Road Traffic Regulation Act 1984 for the purpose specified in paragraph 2. The effect of the Order is summarised in paragraph 3.
- The purpose of the Order is to enable works to take place on A302 Grosvenor Place.
- The effect of the Order will be to prohibit any vehicle from:
  - Entering or exiting Halkin Street at its junction with A302 Grosvenor Place
  - Entering or exiting Grosvenor Crescent at its junction with A302 Grosvenor Place
- The Order will be effective at certain times from 8.00 AM on the 5th April 2017 until 7.00 PM on the 31st July 2017 or when the works have been completed, whichever is the sooner. The prohibition will apply only during such times and to such extent shall from time to time be indicated by traffic signs.
- The prohibitions will not apply in respect of:
  - any vehicle being used for the purposes of those works or for fire brigade, ambulance or police purposes;
  - anything done with the permission or at the direction of a police constable in uniform or a person authorised by Transport for London.

At such times as the prohibition is in force an alternative route will be indicated by traffic signs via: **[For Halkin Road]** Chapel Street, Headford Place to normal route of travel

Dated this 21st day of March 2017

Mufu Durowoju  
Network Impact Management Team - Manager,  
Road Space Management - Operations Transport for London

MAYOR OF LONDON



## Transport for London Notice

### ROAD TRAFFIC REGULATION ACT 1984

#### THE A302 GLA ROAD (WESTMINSTER BRIDGE (CITY OF WESTMINSTER) PRESCRIBED ROUTE TRAFFIC ORDER 2017

- Transport for London, hereby gives notice that it has made the above named Orders under section 6 of the Road Traffic Regulation Act 1984.
- The general nature and effect of the Orders will be to:
  - prescribe that all vehicles in lane one of the eastbound carriageway A302 Bridge Street turn left at its junction with A3211 Victoria Embankment onto its main northbound carriageway.
  - prescribe that all vehicles in lane two of the eastbound carriageway A302 Bridge Street proceed straight ahead at its junction with A3211 Victoria Embankment onto A302 Westminster Bridge.
- The roads which would be affected by the Orders are A302 Victoria Street, A3211 Victoria Embankment and A302 Westminster Bridge.
- A copy of the Orders, a statement of Transport for London's reasons for the proposals, maps indicating the location and effect of the Order and copies of any Order revoked, suspended or varied by the Order can be inspected during normal office hours at the offices of:
 

|                                                                                                                            |                                                                                                                    |
|----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
| • Transport for London<br>Streets Traffic Order Team<br>(RSM/PI/STOT)<br>Palestra, 197 Blackfriars Road<br>London, SE1 8NJ | • West One Infrastructure Services<br>10th Floor<br>Westminster City Hall<br>64 Victoria Street<br>London SW1E 6QP |
|----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
- Any person wishing to question the validity of the Order or of any of its provisions on the grounds that they are not within the relevant powers conferred by the Act or that any requirement of the Act has not been complied with, that person may, within six weeks from the date on which that Order is made, make application for the purpose to the High Court.

Dated this 21st March 2017

Mufu Durowoju  
Network Impact Management Team Manager  
Road Space Management - Operations, Transport for London  
Palestra, 197 Blackfriars Road, London, SE1 8NJ

MAYOR OF LONDON



## Transport for London Notice

### ROAD TRAFFIC REGULATION ACT 1984

#### THE GLA ROADS AND GLA SIDE ROADS (WESTMINSTER) RED ROUTE CONSOLIDATION TRAFFIC ORDER 2008 A4 GLA ROAD (KNIGHTSBRIDGE) VARIATION ORDER 2017

- Transport for London, hereby gives notice that on 17th March 2017 it made the above named order under section 6 of the Road Traffic Regulation Act 1984.
- The GLA Roads and GLA Side Roads (Westminster) Red Route Consolidation Traffic Order 2009 A4 GLA Road (Knightsbridge) Experimental Variation Order 2015 ("the experimental Order") was made under section 9 of the Road Traffic Regulation Act 1984 and came into force on 28th October 2015.
- The general nature and effect of the experimental Order was to:
  - Alter the times of operation of the existing parking bay outside No. 66 Knightsbridge from parking 3 minutes pick up and set down only to 20 minutes no return for 40 minutes.
  - Reduce the length of the loading and unloading only bay outside Nos. 64 and 66 Knightsbridge by 14 metres from its eastern end.
  - Introduce a 14 metre parking bay with the restriction parking 20 minutes no return for 40 minutes outside No. 66 Knightsbridge.
- Transport for London has carefully considered whether or not the provisions of the experimental Order should be continued indefinitely and has decided that they should be so continued.
- Therefore, in exercise of the powers conferred on Local Authorities' by section 6 of the Road Traffic Regulation Act 1984, and in accordance with regulation 23 of the Local Authorities' Traffic Orders (Procedure) (England and Wales) Regulations 1996, Transport for London has made the The GLA Roads and GLA Side Roads (Westminster) Red Route Consolidation Traffic Order 2008 A4 GLA Road (Knightsbridge) Variation Order 2017 ("the permanent Order"). That Order will come into force on 27th March 2017, and the effect of that Order will be to continue in force indefinitely the provisions of the experimental Order.
- The road affected by the permanent Order is the A4 Knightsbridge in the City of Westminster.
- A copy of the permanent Order, a map indicating the location and effect of the order and a copy of the experimental Order can be inspected during normal office hours at the offices of:

|                                                                                                                            |                                                                                                               |
|----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|
| • Transport for London<br>Streets Traffic Order Team<br>(RSM/PI/STOT)<br>Palestra, 197 Blackfriars Road<br>London, SE1 8NJ | • WSP<br>Parsons Brinckerhoff<br>10th Floor<br>Westminster City Hall<br>64 Victoria Street<br>London SW1E 6QP |
|----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|

- Any person wishing to question the validity of the permanent Order or of any of its provisions on the grounds that they are not within the relevant powers conferred by the Act, or that any requirement of the Act has not been complied with, that person may, within six weeks from the date on which that Order is made, make application for the purpose to the High Court.

Dated this 21st day of March 2017.

Mufu Durowoju  
Network Impact Management Team Manager,  
Road Space Management - Operations, Transport for London  
Palestra, 197 Blackfriars Road, London, SE1 8NJ

MAYOR OF LONDON



**GET  
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BUSINESS HERE  
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020 8768 4920**

## CONDITIONS OF ACCEPTANCE FOR ALL ADVERTISEMENTS

Orders are accepted by the Publishers subject to the Standard Conditions agreed between the Newspaper Society and the Institute of Practitioners in Advertising. Save that:

1. Advertisements are accepted on the conditions that (a) descriptions relating to goods are accurate and in no way contravene the provisions of the Trade Descriptions Act 1968, and the Fair Trading Act 1973, and (b) the copy complies with the British Code of Advertising Practice. Advertisements offering credit or hire facilities must conform to the Consumer Credit (Advertisements) Regulations 1986.

2. **Classified** Advertisers offering goods or service of a business, commercial or trade nature will, at the discretion of the Publishers, be deemed 'Trade Advertisers', and as such, must include their names in advertisements. A telephone number is an optional addition to these requirements and not an alternative.

To comply with the Business Advertisements (Disclosure) Order 1977, Trade Advertisers must make it clear that they are selling goods in the course of business either by content, format, size or place of the advertisement or by including words such as 'trade', 'dealer', 'agent', 'wholesaler', 'IT' etc. in the advertisement.

3. The Publishers accept no liability whatsoever for any loss or damage however caused arising out of:

(a) Any error, inaccuracy or omission in the printing or publishing of any advertisement;

(b) Any failure to publish an advertisement on the day / date or day / date / dates specified by the advertiser; or

(c) Any delay in forwarding or omission to forward replies to box numbers to the Advertiser.

4. The Publishers will endeavour to publish advertisements on the day / date or day / dates specified by the Advertiser but insertion days / dates cannot be guaranteed.

5. Where shrinkage of advertisement occurs for whatever reason the advertisement will be charged to the nearest full centimetre. This will NOT apply to the full-page advertisements, which remain full page even after shrinkage.

6. The Publishers reserve the right to reject an advertisement or to vary it in any way they deem fit, at any time before publication, whether or not the advertisement has already been accepted for publication.

7. Whilst every effort is made to minimise errors in advertisements, mistakes do sometimes occur. Advertisers or their agents should therefore check their advertisements and inform us of any errors immediately. Responsibility cannot be accepted for more than one incorrect insertion. Typographical or minor changes, which do not affect the value of the advertisement, do not qualify for re-publication or allowances.

8. All gross advertising rates (except classified lineage and inserts) are subject to and include a 6.1% Advertising Standards Board of Finance surcharge, payable by the advertisers to help finance the self-regulatory control system administered by the Advertising Standards Authority.

9. All rates quoted are subject to VAT at the rate currently in force at the time the advertisement appears.

10. Should the rate for advertisements be altered the price for remaining insertions shall be revised accordingly or the publishers shall have the right to cancel the unexpired portion of the order.

11. The placing of an advertisement order will be deemed as acceptance of these conditions.

12. Account facilities are granted at the discretion of the Company.

13. All accounts must be settled within the terms agreed by the Company and the Customer.

14. Should an advertiser be in breach of the agreed terms, the publisher shall be entitled to levy a 10% surcharge on the value of the whole bill in respect of accounts with terms of less than 30 days, and any discounts or commissions that had been allowed will be reclaimed.

15. Regular monthly accounts that are in breach of the agreed terms will pay an interest rate of 6% above the current bank of England base rate for each month that the account is overdue and discounts or commissions that had been allowed will be reclaimed. Should Legal action be required the interest will be charged in accordance with the County Court Act 1984.

16. Where an advertiser instructs / appoints an advertising agent to act on their behalf, the advertiser will remain jointly and severally liable for payment in respect of an advertisement should the appointed agent fail to pay. For the avoidance of doubt, the agent acts for the advertiser and not for the publisher with the agent being responsible for notifying the advertiser of this liability.

17. All invoices must be notified, preferably in writing to the accounts department of the publisher within 7 days of the invoice date.

18. All digital services are maintained in partnership with the publishers' hosting service providers. Every effort is made to ensure the continuity of these services, but some occasional technical downtime beyond the publishers' control may occur. The publisher and its associated companies shall be under no liability if the production and distribution of web services is delayed or prevented by any cause beyond the control of the publisher.

19. The Publisher may provide voucher copies for published advertisements in electronic form only subject to certain criteria. Further information is available on request.

20. The copyright of advertisements produced wholly or partially by the Publishers belongs to the Publishers. Advertisers may not reproduce such advertisements without the Publishers' consent.

**Box Numbers**  
Boxes are open for the receipt of bona fide answers and are not available for distribution of trade canvassing material. Original testaments, goods, cash, cash stamps or payments of any kind must not be enclosed. A box number and postal address are charged as part of the advertisement, i.e. Box No., centre address. There is no charge for forwarding replies.

Box numbers alone are not available for use in 'Trade' advertisements, other than Employment and Business Opportunities.

**Holiday & Traded Category**  
All advertising must contain the name of the advertiser, phone number alone are not permitted.

**Data Protection**  
The service you have requested may require us to carry out a credit search at a credit-referencing agency, which will record the fact that a search has been made. We may need to share your information with other lenders and credit reference agencies.

However, we will only use the information from these searches to make credit-granting decisions and, if necessary, for fraud prevention or tracing debts.

Data controller will use your information for administration and analysis. We may share your information with other Capital Media Newspapers Ltd or carefully selected third parties. We, or they, may need you details of other goods and services, which may be of interest to you. The information may be provided by letter, telephone or other reasonable means of communication. Calls may be recorded or monitored for training purposes.

Special conditions apply with regard to the advertising of adult services, which are defined to all persons submitting such advertisements.

Email your sports news, reports and pictures to Tony McDonald at [sport@londonweeklynews.co.uk](mailto:sport@londonweeklynews.co.uk)

# Rampant Rangers romp to five-star performance

QUEENS Park Rangers have now won four consecutive home league games for the first time since the period September-December 2013, when Harry Redknapp was in charge, and Saturday's 5-1 victory over Rotherham United was never in doubt, *writes Tony McDonald*.

Whereas the Loftus Road victories against Wigan Athletic, Cardiff City and Barnsley were all secured by a slender 2-1 margin, rampant Rangers put in a five-star performance to crush rock bottom Rotherham 5-1.

Matt Smith set R's on the way to their fifth win in seven Championship matches by scoring in the fifth minute and though Joe Newell equalised with the goal of the game, the relegation-threatened Millers were sent packing with further Rangers goals from Luke Freeman, Yeni Ngakoto, Massimo Luongo (his first for the club since signing from Swindon Town in 2015) and Nedum Onuoha.

But despite the most emphatic win since his return to W12 last November, his club's first five-goal haul since 2014, Hoops' manager Ian Holloway admitted it wasn't a perfect afternoon.

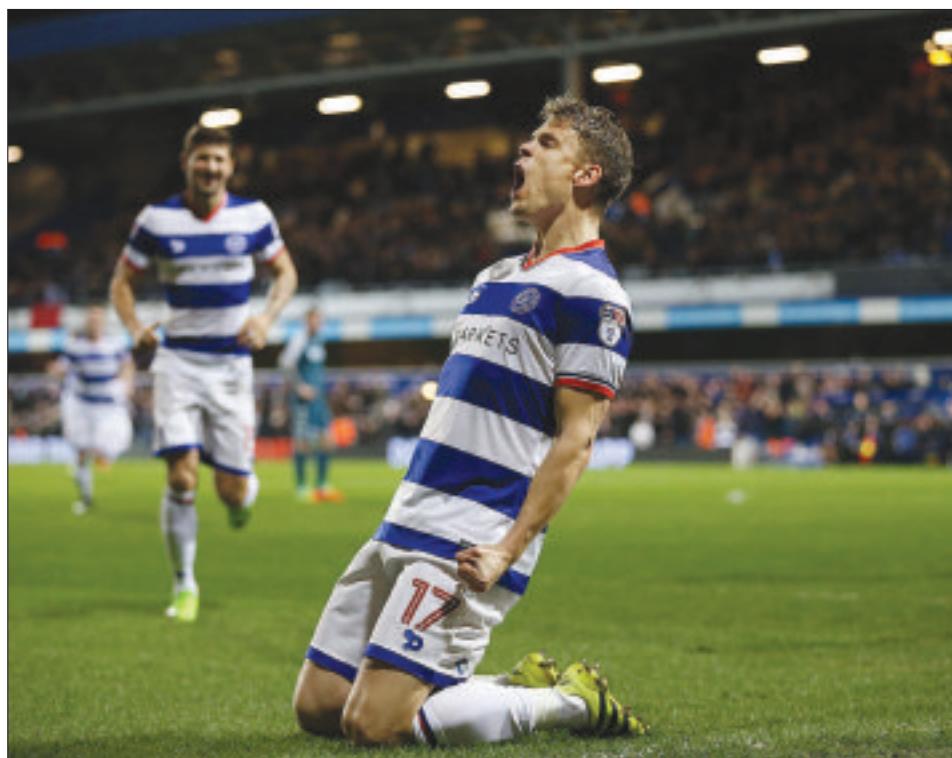
"I wasn't happy at half-time," Ollie said. "We didn't get the game-plan right or test them anything like enough."

"I was very pleased with the second-half, though. The intensity was much better and we were clinical."

"Overall, it's a very pleasing win. We've come a long way since we lost to Rotherham earlier in the season."

In truth, Rangers were not at anything like their best but, then again, they didn't need to be against a defence that was woefully inept. At least QPR put to the sword the Yorkshire side now 24 points from safety and doomed to spend next season in the third tier.

"We're looking very sharp. That was a statement of how clinical we



**Matt finish:** Matt Smith got Rangers off to a flier in their demolition of Rotherham

Picture: Rob Newell

can be," Holloway went on after R's biggest margin of victory since they defeated Swansea City 4-0 on Boxing Day 2010.

"The second-half was very pleasing. We dominated Rotherham and the chances we created came from some lovely football."

"We changed the tactics slightly at the break and the players responded superbly to it."

"I don't know my best team. But I know it's a QPR team. It's a wonderful headache to have!"

Holloway also spoke of his delight for Rangers' Aussie midfielder Luongo who netted his first goal in 56 starts and seven sub outings with a glancing header that really ought to have been saved by the hapless Lewis Price.

"Mass thoroughly deserved that goal," Holloway continued. "He needed a rest recently and he's bounced back superbly."

After the international break, Rangers will resume their Championship campaign with a visit to

Derby County on Friday, March 31 (7.45pm).

"We need to keep this run going now. That's the challenge to my players," Holloway added.

"We are building. The performances are improving. The team spirit is incredible. We are nowhere near where I want to take us. But we are building all the time – we're moving forward."

"The fans were brilliant. They understand what we are trying to do here."

# Malan's the man

MIDDLESEX'S Dawid Malan made a superb century and shared an unbroken opening partnership of 205 with Daniel Bell-Drummond as the South crushed the North by 10 wickets in the first game of the ECB's new North-South Series in Dubai last Friday.

The North were dismissed for 202 after winning the toss and choosing to bat, with three wickets for Surrey's Tom Curran and two each for Toby Roland-Jones (Middlesex), Mason Crane (Hampshire) and the especially impressive Liam Dawson (Hampshire) in a fine all-round bowling performance by the South team.

Malan and Kent's Lewisham-born Bell-Drummond made short work of the modest target, with more than 16 overs remaining when the Middlesex left-hander sealed victory with his 16th four.

Malan, who was included in an

England T20 squad last summer after impressing with the Lions against Pakistan A in the winter of 2015-16, also hit a six as he ended unbeaten on 109 from 103 balls, while Bell-Drummond hit two sixes and 11 fours to reach 92 from 98.

On Sunday, when the South hit 346-6 and went on to win the second match in the series by 47 runs, Malan reached 78 before being caught behind by Joe Clarke off the bowling of Jack Leaning.

He also contributed with the ball, taking two wickets as the North were dismissed for 299-9. Malan's county club-mate Steve Finn also bagged a brace of wickets, as did Curran and Dawson, while Roland-Jones picked up the other one.

Malan's successful start to 2017 includes his team, Peshawar Zalmi, winning the recent Pakistan Super League. He contributed 17 runs against Quetta Gladiators in the

T20 final at Lahore earlier this month. Middlesex supporters are looking forward to Malan and big-hitting New Zealander Brendon McCullum leading their T20 attack this summer. The 35-year-old, who retired from international cricket last year after more than 400 appearances in all formats, featured six times for Middlesex in the competition in 2016.

He averaged 33, with a highest score of 87, and will return in July to play nine T20 Blast group matches.

"Brendon had a hugely positive influence on the club in 2016 and I'm sure he will have a similar impact this summer," said director of cricket Angus Fraser.

"With Brendon on board and the other exciting players we have, watching Middlesex play T20 cricket in 2017 should be an exciting and enjoyable experience."



**Brendon McCullum will be back for Middlesex's T20 campaign**

Picture: Rob Newell

## Whites fluff play-off lines

### FROM BACK PAGE

at a good time, so we can recover our minds, recover our bodies, and get ready for the last eight games that are in front of us. Right now we are one point behind the top six.

"It's not time to finish the season, it's time to push harder still, time to recover ourselves, and try and do everything to be in the top-six come the 7th of May."

"In front of us is eight more games. It's true, this result today is a setback for us, like it was when we played Blackburn at home, but it's not the end of the season."

"We're in a situation where we're fighting for the top-six. Let's push, let's try and do everything to be in this position at the end of the season."

**Tony McDonald**

## Ladies start with seven

### FROM BACK PAGE

City hoping to make it four victories in succession.

Morris said: "I'm extremely proud of our boys. Not just because we have progressed into another final, but because they have performed at a very high level against a very good team in our big rivals Spurs."

A hat-trick by Ike Ugbo and further strikes from Trevoh Chalobah, Dujon Sterling, Callum Hudson-Odoi and Juan Castillo gave most of the 3,300 Stamford Bridge crowd sensational entertainment.

■ NOT to be outdone, but in the less salubrious surrounds of Wheatsheaf Park, Staines, Chelsea Ladies started their season on Sunday with a seven-goal thriller of their own, thrashing Doncaster Belles 7-0 to book a spot in the Women's FA Cup quarter-finals.

Two goals from Ji So-Yun, strikes from new signings Ramona Bachmann and Crystal Dunn, along with efforts from Nicky Davies and Katie Chapman, plus an own goal, made it the perfect start for Blues.

## SPORT

Tuesday March 21 2017

● SPORTS DESK: 07711 169 427



Down but not out, Slaviša Jokanović is still optimistic that Fulham can reach the play-offs

Picture: Rob Newell

## Whites blow it

## Focus on Craven Cottage

FULHAM missed two chances in four days to climb into the Championship top six but are still within touching distance.

A surprise 3-1 home defeat by Wolverhampton Wanderers on Saturday, following the 2-2 midweek draw with Blackburn Rovers, still leaves Whites a point and one place below sixth-placed Sheffield Wednesday.

But with eight league games left to play, the margin could have been greater going into the international break. Following two consecutive defeats, a draw and six matches without a win, Wednesday are also showing signs of nervous tension as the season enters its crucial final phase.

Whites' head coach Slaviša Jokanović complained afterwards that all three Wolves goals, which set up their third consecutive victory at Craven Cottage, were preventable. Twice Helder Costa got in behind full-backs Ryan Fredericks and Denis Odoi to set up goals for team-mates.

"We started well enough, we moved the ball from one side to the other," Jokanović said. "We created some chances but we made a very big mistake which brought us into a complicated situation.

"In the second-half we tried to take a little bit more of a risk but we didn't adapt ourselves and after a minute-and-a-half they scored their second goal.

"Helder Costa killed us. There were two situations that weren't so dangerous for us, and he created things for his two team-mates to put it in the empty goal.

"We weren't solid enough to stop him and if you concede two or three goals it's not easy to find a good result.

"We concede so many goals. I miss winning 1-0. We can avoid the first, second, and third goal if we're a little bit stronger and more solid in this kind of situation."

After Sheffield Wednesday lost 2-0 at home to Reading on Friday night, Fulham needed only a draw to move into the play-off positions. They thought they had overhauled The Owls at Craven Cottage last Tuesday, when Gohi Cyriac opened his goal account for the club by putting Whites 2-1 up in the 86th minute... only for Blackburn to snatch an equaliser in the fifth minute of stoppage time.

"We believed we could take the step and be in the top-six going into the international break," Jokanović continued. "We didn't do well enough, we weren't fresh enough, we weren't solid enough."

"We gave them some charity presents during the game and paid an expensive price for this situation."

Fulham resume their promotion push on Saturday week (April 1), when they visit rock bottom, relegation-threatened Rotherham United, who were smashed 5-1 at Queens Park Rangers last Saturday.

Jokanović remains as upbeat as the Serb is ever likely to be, saying: "This break that's in front of us is coming

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## Luiz takes a break



This week at STAMFORD BRIDGE

By Paul Lagan

DAVID Luiz has been in inspirational form for Chelsea since returning to SW6 from Paris St-Germain last summer but will be glad to put his feet up for the next couple of weeks.

Brazil centre-back Luiz, 29, has not made the current national squad for the upcoming internationals and will, instead, rest a knee injury that has been causing him pain for the past three months.

"The international break will be a very good thing for me," he said.

"I have had the injury since December but only I feel the pain, only I know how much. But we have amazing medical staff and they have been great with me. Every single match, for every single player they are there. They have helped me a lot. It's great. It's very good for me to rest – not just the knee, but the body as well."

Luiz also confirmed that he won't need an operation in the summer, just rest and recuperation.

But he would still prefer to run through the pain barrier if it meant turning out for his country.

"I am disappointed. I was not told why but I respect the decision of the manager," he said.

"I'm playing and trying to do my best to come back into the squad."

Luiz put in another man-of-the-match performance against a rugged Stoke City on Saturday. The 2-1 win keeps the West Londoners at the helm of the Premier League, 10 points clear of Spurs, with seven wins needed from the remaining 10 games to reclaim the title given away in miserable circumstances last season.

"I enjoyed the game against Stoke," he said. "It's OK, this is football, you have contact, it's part of the game. Everybody knows when you go there it's always difficult. Physically, they are very tough."

"We just need to be intelligent, to be clever, not to get your mind involved in their kind of game. That's what we did and we played well. This is the Premier League. You don't see a game where there isn't contact or something like that. It is always like this."

"It is different to what I was used to in France. I remember the Stoke side from my first period at Chelsea and it was totally different to this team. Back then, you didn't want the balls going into the corner because they had Rory Delap who could throw the ball in amazingly."

"The good thing about the Premier League is you never know if you're going to win or not. It's always so difficult but we did well."



Cesar Azpilicueta is the first to congratulate N'Golo Kante (7) after his goal settled a feisty FA Cup quarter-final against Manchester United

Picture: Rob Newell

But Chelsea have shown, as they did against Manchester United in their 1-0 FA Cup win last week, that they can mix it hard when they need to.

"This is what you need to show every day in your life," he said. "You need to be a good human, with a good personality, to be honest. It's not just inside the pitch, it's about being this way every day. When you're with people, you need to show your character."

"I try to improve every day. This is my goal. Everyone can see my football now because the team is doing very well. The results are coming, that's why. But I keep my feet on the ground. I work hard to be a defender. But when you play in this position, people don't talk about the good things you do, they talk when you make mistakes. I'm just trying to play the best football I can to help my team. Some games I look to give them security and more time to score. Sometimes they score quickly and then you have to defend to get the positive result. The most important thing is for me to understand my role in the team, what I need to do for the team and then the individual things like awards come along."

When asked whether he prefers a classy pass or a great tackle, Luiz said: "I am more satisfied with great actions in life, like meeting the little boy (he points to a lad in a wheelchair) that is waiting for me in the rain. That gives me more pleasure."

And off he went, with Kurt Zouma, to spend 10 minutes chatting to the kid and having pictures taken with him. The boy's smile was the most poignant image of the day – a moment of pure class.

■ PLAYING alongside Luiz and Cesar

Azpilicueta in the three-man defence is acting skipper Gary Cahill, who scored the late winner against Stoke but also conceded the penalty that led to their equaliser.

While John Terry is officially the captain, Cahill has been in charge on the pitch for most of the season while out of favour. Terry kicks his heels on the bench or sits in the stand.

Cahill is sensitive to criticism that he feels is unfounded and is mature enough to let his on-pitch performances do the talking. But every now and then, he vents his feelings and this is one of those times.

Asked how he has taken to the skipper's role for most of the season, he said: "It's feels great. I never speak loads, I keep my head down, I keep working, I do what I do. That's my character. But I don't forget the criticism I got at the start of the season from a number of people, which is the way football is at the minute."

Has he turned that criticism into a positive?

"I always think like that," he said. "It just puts that fire in my belly. I want to go out and prove people wrong. I have been doing that all of my career. I would say that to a young lad coming through – that this is the way it's going to be, especially at a big club like this."

The criticism at the start of the season was tough to take but people don't seem to see what I have done at Chelsea.

"Many good players have come to Chelsea and been gone after a year or two. This club has the ability to buy players from all over the world but it's a credit to me that I'm still here. There is a reason I'm still here and still playing. There is a reason behind why the

manager picks players.

"The coach sees players day in day out, knows their character and the way they play. You're not going to play for this club if you don't have ability or character."

On the captaincy, Cahill shows undoubted maturity and common sense.

"Whether it's me as captain or someone else, I would never try and fill John Terry's boots," he said. "You can never fill that position. When I took over as captain this season, either through John not playing or not being available, it was a privilege.

"Firstly, I have learnt from how he manages himself, how he plays and how he does things.

"But secondly, I never thought for one minute that I'm replacing him. He is right at the top. It's an honour but you have to separate yourself from the situation. The way that I prepare, the way I play, the way that I like to speak to the lads or manage situations is how I like to do things. I have been my own man.

"Nothing has changed in my game since I had that armband, apart from the fact I'm now 31 and have learnt a lot from someone like John. I will continue to learn from him while he is at the club.

"We have a great relationship, everyone knows that. He leaves me to get on with it. I don't think he looks at me like a 21-year-old coming through. He knows that I have played my fair share of big games and experienced enough. At the same time, like I have done all my career, I try to look at what people do and soak it in myself. They don't necessarily have to say things – I watch and learn from all kinds of people and he is obviously one of them. I feel like I can be myself but I have obviously learned from the best.

"I wouldn't change anything. Some players, like John, come through the ranks, which is very special. It's very rare to come through at a top club as a young player and stay there the whole time.

"People have to work. There have been a lot of great players that have signed schoolboy forms and not come through at the same club. I got a background and education early on and came to Chelsea when I did but I wouldn't change anything and I have been here over five years now."

■ DUE to Blues' participation in the FA Cup semi-final against Tottenham, the home Premier League game against Southampton has been rescheduled for Tuesday, April 25 (7.45pm) for live broadcast on Sky Sports.

■ CHELSEA Under-18s are in seventh heaven after dispatching Spurs 7-1 on Saturday night in the second leg of the FA Youth Cup semi-final.

Having won 2-1 in the first leg at White Hart Lane, Jody Morris' side cruised through to their sixth FAYC final in a row and will face Manchester

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